

ONE MAN'S TRASH...
AUCTION HUNTERS
SCORE BIG BY
SCAVENGING {page 16}



FASCINATING
WHO MADE THE
LIST FOR 2010?
SCENE (page 15)

ottawa etre

Tuesday, November 30, 2010 www.metronews.ca



News worth sharing.

CSIS tied 'in knots' by courts?

▶ WikiLeaks hints leaked Canadian secrets will touch on arms control, CBC coverage, energy tech and foreign trade ◆ Foreign Affairs Minister Lawrence Cannon said he believes leaks won't harm U.S.-Canada relations

The former head of the Canadian Security Intelligence Service confided the spy agency was "vigorously harassing" known Hezbollah members in Canada, reveals a newly disclosed diplomatic note.

Jim Judd, then CSIS director, also lamented that a soon-to-be released video of young Omar Khadr's interrogation at Guantanamo Bay, Cuba, would trigger knee-jerk anti-Americanism" and "paroxysms of moral outrage, a Canadian specialty," says the July 2008 cable from

the U.S. Embassy in Ottawa.

The cable disclosed yesterday recounts a July 2, 2008, meeting between Judd and State Department official Eliot Cohen.

"Director Judd ascribed an 'Alice in Wonderland' worldview to Canadians and their courts, whose judges have tied CSIS 'in knots,' making it ever more difficult to detect and prevent terror attacks in Canada and abroad," the cable says. "The situa-

WIKI LEAKS



tion, he commented, left government security agencies on the defensive and losing public support for their effort to protect Canada and its allies."

According to the document, Judd "derided" recent Canadian court rulings that threatened to undermine foreign government intelligence and information sharing with Canada.

CSIS had responded to intelligence rumblings on possible terror operations 2,648 WikiLeaks confirms there will be as many as 2,648 documents mentioning Canada among the quarter-million it plans to release in coming days.

by "vigorously harassing" known members of Hezbollah, a group which Canada lists as a terrorist organization. There was no explanation of what those tactics might have been. THE CANADIAN PRESS MORE COVERAGE, PAGE 6



▶ Members of the Environmental Defence and the Canadian Youth Climate Coalition broke out the flip flops and unrolled the beach towels yesterday to launch a campaign to thank delegates for doing nothing to tackle global warming outside Parliament Hill. Yesterday marked the opening day of the UN climate conference in Cancun. More coverage, page 4.

Things are heating up on Parliament Hill

Ex-colonel soon to be ex-military

Williams one step closer to full ouster from Forces {page 10}

Brain illnesses, HIV linked

10-year study held in Calgary draws connection {page 21}

Election fraud claims prompt riots in Egypt

Opposition, protesters claim 'rampant rigging' used to secure re-election {page 7}

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Local businesses trim trees in hopes of raising tons o' funds

The 13th annual Trees of Hope tree-decorating contest at the Chateau Laurier features 29 trees, decorated by corporations to raise funds for the Children's Hospital of Eastern Ontario. People can view and vote for their favourite trees, which will be displayed in the public space of the hotel. The goal of the event is to raise \$50,000 for CHEO, said Chateau Laurier spokeswoman Deneen Perrin.

Watson opts for modesty, thrift

Swearing-in ceremony will be broadcast live on Rogers TV ○ Tim Hortons to help pick up the tab ○ Meetings with councillors and city staff are on Watson's agenda for Thursday



Mayor-elect Jim Watson wasted little time putting his personal stamp on tomorrow night's swearing-in ceremony, slashing the budget and moving the party to the Shenkman Arts Centre in Orleans from city hall.

"It was just a signal that I wanted to convey to the

public that I don't believe the world revolves around 110 Laurier Ave.," he said of the venue change, adding the new facility, with a capacity for 500, makes room for 200 more guests.

He also looked at the last inauguration, with its \$35,000 budget and \$25,000 bill for food and wine, and decided to find a sponsor.

Tim Hortons, which al-

ready sponsors the city's spring and fall cleaning campaigns, has agreed to supply free juice, coffee, tea and cookies for the event.

The doughnut chain is a favourite of other politicians. Federal Finance Minister Jim Flaherty promoted his last budget with a photo op at one.

Watson himself is a Tim Card-carrying regular at his neighbourhood outlet on Richmond Road, which he sees as a community gathering place.

"I actually go in there usually three or four times a week and just read the paper and have a cup of tea and a doughnut or something," he said. "People are always coming up to me and talking and asking me questions. I find it a very grassroots place to find out what's really on people's minds."



"I thought given our economic circumstances ... that spending \$25,000 on food was excessive." MAYOR-ELECT JIM WATSON





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Blatchford stunned by racism shots

○ Columnist's book strongly criticizes former OPP commissioner Julian Fantino over Six Nations handling



Christie Blatchford was ready for tough criticism of Helpless, her account of the 2006 aboriginal occupation of a housing development in Caledonia, south of Hamilton.

The inaction of the OPP as protesters barricaded the town's main street, burned a bridge and committed assaults and other crimes, amounted to a collapse of the rule of law, the national newspaper columnist argues in her book.

She concentrates on the policing of the pro-



testers rather than the land claim that inspired them, and knew some readers might take her to task for that.

"I thought I could de-

fend myself against that criticism," she said during her Ottawa book tour yes-

terday.

"But I never expected people would start calling me a racist because I took that approach, and I'm stunned by it"

When she arrived for a speaking engagement at the University of Waterloo earlier this month, protesters from Kitchener-Waterloo Anti-Racist Action occupied the stage, secured together with bicycle chains around their necks.

The speaking appearance was cancelled, but the university has invited her back.

Action urged on environment

Local young people asked the government to take action at the UN climate change conference that opened in Cancun yesterday. It's important for youth to be involved, said Tracey Guptill with the Canadian Youth Climate Coalition.

"It's our future that's at stake here," said Guptill. "And negotiations and decisions are made on our behalf. We find it's very important that long-term effects are considered and that Canada show leadership for a problem it helped contribute to."

Representatives from over 180 countries are gathering to try to work towards an international climate deal.

TRACEY TONG

"Our point here is to call out the Canadian government for doing nothing on global warming."
GILLIAM MCEACEERN, ENVIRONMENTAL DEFENCE

Panel discusses the status of sex workers

As the provincial government prepares its arguments on a recent Superior Court ruling against prostitution laws, Valerie Scott and her lawyer, Alan Young helped lead a panel discussion on the status of sex workers at Carleton University yesterday.

Scott, executive director of Sex Professionals of Canada, was one of three women who asked the court to strike down sections of the Criminal Code which she argues have forced sex workers onto the street and have exposed them to violence.

"It's a really significant

"It's a really significant moment for us," said Christine Bruckert, associate professor of criminology at the University of Ottawa.

After combing through evidence on behalf of sex workers, Superior Court Justice Susan Himel rendered sections of the "It's not about morality, it's about the harm engendered by the laws."

CHRISTINE BRUCKERT, UNIVERSITY OF OTTAWA

Criminal Code unconstitutional.

"It speaks to somebody who actually weighs the evidence and not be swayed by moral considerations," said Bruckert. Bruckert, who also spoke at Carleton yester-

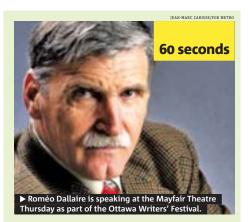
Bruckert, who also spoke at Carleton yesterday, believes that greater safety and transparency will lead to less crime and violence against sex work-

JOE LOFARO



Tell us what you think. Have your say online at ottawaletters Ametronews.ca





ROMÉO DALLAIRE

'IT'S LIKE CONTINUING THE MISSION I HAD WHEN I WAS IN AFRICA'

Retired Lt.-Gen. Roméo Dallaire first encountered child soldiers in Rwanda during the 1994 genocide. The author of the Governor General Award-winning book Shake Hands with the Devil has released a new book, They Fight Like Soldiers, They Die Like Children, which examines the recruitment of child soldiers.

Tell me about the book.

The book is to inform, and to get youth — high school students, university undergrads and the under-25 crowd — engaged in realizing what is happening to hundreds of thousands of their peers, who are being used as child soldiers and weapons of war ... and give them ideas and suggestions on how to become activists and join zeroforce.org.

Why can people under 25 make a difference?

Because of their sheer numbers, but also the fact that we are talking about their peers. They can also influence policy by getting politicians in stopping these wars.

How do you think Cana-

dians feel about this issue?

I think some people know about it, and most people know about it through the Omar Khadr case, which has had a split reaction. It brought attention to the international criminal law of using children and child soldiers under the age of 18.

You've been called a hero for the work you've done.

How do you feel about that? There's nothing heroic about any of this. This is just consciousness that other human beings count just as much as we do, that those children nine, 10, 14 are just as valuable as our children. By seeing these children, I feel I have a responsibility to be engaged.

By writing the book, you had to relive the horrors of the genocide. What was

Just like my first book, returning to hell produces absolutely nothing salutary. It was not a project of joy. There was a sense of duty and responsibility to get the story out. To do that correctly, I had to relive that experience. TRACEY TONG

Lend a helping hand this holiday season Volunteer Ottawa wants youth to keep volunteering after high school

This year, youth can Be a Santa to a Senior with local gift campaign



The holidays are usually the ideal time to recruit volunteers to help out in their communities. But for Volunteer Ottawa, getting youth to volunteer around this time is easier said than done.

"We don't see an increase in youth volunteers during (the holidays), but we would like to see more youth around Christmastime," said executive director Will Coukell.

Later this week, Volunteer Ottawa will launch a new program to encourage youth to volunteer and get more involved with local organizations.

One organization that would like to see more young adult volunteers is the Home Instead Senior Care's Be a Santa to a Senior campaign.

Santa 101

The Be a Santa to a Senior campaign is underway and volunteers are encouraged to wrap gifts for seniors on Dec. 17

- The program is designed to give back to seniors who are unlikely to have guests during the holidays.
- Shoppers can pick one of 600 names off the Christmas tree at Carlingwood Mall and buy the gift for the person on the tag.
- Wish list items include blankets, bath products, scarves and hats.

The campaign delivers Christmas gifts to seniors who have no family or are alone.

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February 14th to 15th, 2011 **Full Waxing & Brazilian Course** 16 hours \$700

All course tuition fees include, curriculum text, exam test, working tool kit and certificate.

News in brief

OC Transpo to hold food drive

CHARITY. The 26th annual OC Transpo Food Drive is set to turn buses into moving donation bins for the Ottawa Food Bank. Bus drivers will call on their riders Saturday to help fight community hunger by filling a bus with food at their local grocery store.

TRACEY TONG

Get your flu vaccines here

HEALTH. Flu shot clinics will be held at Longfields-Davidson Heights Secondary School from 4 to 9 p.m. today, Heritage Public School from 3:30 to 8:30 p.m. tomorrow, St. Paul High School from 3:30 to 8:30 p.m. Thursday and at Rideau High School from 8:30 a.m. to 3:30 p.m. Saturday. The vaccine is also available at doctors' offices, health centres and walkin clinics throughout the city. O TRACEY TONG

White House does day-after damage control

Obama administration feels the heat after cables go public O Vows to take legal action against WikiLeaks



The other side

WikiLeaks founder Julian Assange alleges that the Obama administration was trying to cover up evidence of serious "human rights abuse and other criminal behaviour" by the U.S. government. Wikileaks posted the documents just hours after it claimed its website had been hit by a cyberattack that made it inaccessible for much of the day.

The Obama administration moved forcefully yesterday to contain damage from the release of more than a quarter-million classified diplomatic files, branding the action as an attack on the United States and raising the prospect of legal action against online whistle-blower WikiLeaks.

Secretary of State Hillary Rodham Clinton said that WikiLeaks acted illegally in posting the material. She said the Obama administration was taking "aggressive steps to hold responsible those who stole this information."

White House spokesman Robert Gibbs said the United States would not rule out taking action against WikiLeaks. Attorney General Eric Holder said the administration would prosecute if violations of federal law are found in a criminal investigation of the incident currently under way.

Gibbs said President Barack Obama was briefed on the impending massive leak last week and was "not pleased" about the breach of classified documents. "This is a serious violation of the law," Gibbs said.

"This is a serious threat to individuals that both carry out and assist in our foreign policy."

THE ASSOCIATED PRESS



Anger erupts over island attack

Protesters burned effigies yesterday of North Korean leader Kim Jong Il and his son Kim Jong Un during a rally in Gwangju, South Korea, denouncing last Tuesday's North Korean bombardment of the border island of Yeonpyeong. South Korea's president has vowed tough consequences for any future attack.

\$106.5MMay, Nude, Green Leaves and Bust, a 1932 Picasso, set a record for art, selling for

\$106.5 million US.

Picassos pop up

A retired electrician in France says that 271 of Pablo Picasso's creations have been sitting for decades in his garage.

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Bedlam in Egypt after election vote

Opposition party members from parliament ○ 1,400 rival activists arrested in the weeks leading up to the election

Protesters set fire to cars, tires and two polling stations, clashing with police firing tear gas in riots that erupted around Egypt yesterday over allegations the ruling party carried out widespread fraud to sweep parliamentary elections.

The country's most powerful opposition movement, the Islamic fundamentalist Muslim Brotherhood, acknowledged that its lawmakers may be all but completely swept out of parliament by what it and other called rampant rigging.

Brotherhood figures admitted they could do little to stop vote rigging, fearing that protests could make their movement appear violent and bring a harsher crackdown amid uncertain political times.

"We were very restrained and were given instructions from up top to be extremely restrained," said Sobhi Saleh, a Muslim Brother-

hood candidate in the Mediterranean coastal city of Alexandria. "We want to show the world that we are not thugs, we will not resort to violence."

Sunday's parliamentary vote was overshadowed by a presidential election set for next year, which is clouded in uncertainty because the man who has Egypt for nearly ruled three decades, 82-year-old President Hosni Mubarak. has had health issues and underwent surgery earlier this year. Many believe Mubarak is positioning his son, Gamal, to succeed him, but there is widespread public opposition to any "inheritance" of power.

Saleh said the Brotherhood was hoping that over the long term rigging would discredit the ruling National Democratic Party in the public eye and draw people to the movement.

"We have a vision.

There is no doubt we will have a new president in the next two years at least. Either Hosni who is ill, or his son — who is disliked," he said. "When I lose seats this time, I will gain sympathy on the street. People know these elections were rigged."

A coalition of local and international rights groups reported that the balloting was marred by widespread rigging after the government prevented monitoring. It said opposition candidate representatives and independent monitors who were supposed to be allowed to watch the voting were barred from almost all polling stations around the country, allowing officials to stuff ballot boxes.

In Washington, State Department spokesman P.J. Crowley said the United States had "serious concerns about what occurred," though it was still evaluating the situation. THE ASSOCIATED PRESS



Hosting 2017 world's fair too costly: Harper

Surveys say decision is supported by the people

Prime Minister Stephen Harper says he believes the majority of people in Edmonton support his government's decision not to help fund Expo 2017.

The prime minister reiterated his government's position that the cost of hosting the world's fair, including security, would be too expensive.

Edmonton Mayor Stephen Mandel was furious when he learned last week of the Conservative government's refusal.

Mandel pointed out at the time that the city was encouraged to make the bid by Ottawa.

Yesterday Mandel said he wasn't about to argue



with the prime minister.
"We did polling and that polling indicated that

Albertans and Edmontonians supported the Expo," he said. "The fact of the matter is it depends what question you ask."

Mandel said it would be one thing if Edmontonians were told they would be stuck with paying \$2 billion towards the Expo.

"But the money we were going to invest is capital we were going to invest anyway, so we lost the opportunity for \$2 billion in provincial and federal money to come into the city of Edmonton."

When asked if he was still upset at the government's decision, Mandel said he was "past angry." THE CANADIAN PRESS

▶ United Nations soldiers from Jordan stand guard at a school in Abidjan, Ivory Coast, where hundreds of election workers gathered to receive \$4 each as part of the payment for working in polling stations.

Ivory Coast. Vote

Rivals trade fraud barbs

Rival parties in Ivory Coast traded accusations of voter intimidation, violence and fraud yesterday, as the country awaited results from the its first presidential election in a decade.

U.S. tests new hate crime law

Three former McDonald's employees in New Mexico have become the first people in the U.S. to be prosecuted under a new federal hate crimes law.

The men allegedly shaped a coat hanger into a swastika, placed it on a heated stove and branded the symbol on the arm of a mentally disabled Navajo man.

Authorities say the men then shaved a swastika on the victim's head and used markers to scrawl messages and images on his body, including "KKK" and "White Power."

THE ASSOCIATED PRESS

Racial tension

Swastika branding episode dredges up old wounds between races in the New Mexico community

The new federal law makes it easier for the government to prosecute hate crimes, while adding to the list of civil rights protections.



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Italian PM denies wild side

• Leaked cables claim Berlusconi puts the party in politics

Italian Prime Minister Silvio Berlusconi insisted yesterday he only throws elegant, dignified soirees at his villas and not wild parties as reportedly described by a Rome-based U.S. diplomat in a cable contained in the Wikileaks trove.

Berlusconi said he didn't care to read what such diplomats had to report, saying "I don't look at what third-rate or fourth-rate officials say."

"I unfortunately have never in my life been to a wild party. Maybe they're interesting. I've never been."

ITALIAN PREMIER SILVIO BERLUSCONI

Berlusconi has been accused of entertaining escorts and underage girls at his villas — allegations that have fuelled a political crisis that has brought the government to a no-confidence vote in two weeks.

According to the cable, Berlusconi's "frequent late nights and penchant for partying hard mean he does not get sufficient rest." Yesterday, Berlusconi shrugged off the commentary with a laugh.

"I unfortunately have

"I unfortunately have never in my life been to a wild party," he said. "Maybe they're interesting. I've never been."

THE ASSOCIATED PRESS



Haiti. Elections A young earthquake survivor walks in a camp set up for people displaced by the January earthquake in Port-au-Prince . EXECUTE ASSOCIATE ASSOCIATE

Haiti awaits results

Haiti wrapped up its Sunday elections in discord while results were not likely until Dec. 7 and runoffs were expected for the presidency and nearly all senatorial and parliamentary races. Balloting was marred by rampant disorganization, voter intimidation and violence that killed at least two people.

Group says crumbling cities need more cash

Canada's big cities are facing a fiscal crunch that threatens their ability to pay for such things as transit, sewers and housing, say business groups in a joint appeal to federal and provincial governments.

In a news release to be issued nationally today, the chambers of commerce from 13 of Canada's largest municipalities call for a new urban strategy to keep cities from falling apart.

80 About 80 per Canadians live in the major urban centres but less than 10 per cent of all taxes are collected by municipal qovernments.

"The bottom line is that Canada's largest urban centres need a more stable, secure and growing revenue source," the release states.

But while municipalities have traditionally placed the lion's share of blame on underfunding from Ottawa and the provinces, the chambers say the municipalities share some responsibility.

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FEDERAL BUDGET

MPs to examine doc leak

A parliamentary committee will look into how a confidential document ended up in the hands of Ottawa lobby-

House of Commons

Speaker Peter Milliken has ruled that the leak of the draft pre-budget report appears to be a breach of parliamentary privilege.

Earlier this month, a Tory MP's staffer sent the report to several lob-byists before it had been distributed to members of Parliament.

The staffer has since been fired and his boss apologized.

THE CANADIAN PRESS

The Atlantic hurricane season ends today and the U.S. has been spared any major storms for a fifth straight year.

All told, 19 named storms formed in the Atlantic, the third-highest total on record, and 12 became hurricanes.

Busy storm season ends Military set to wash its hands of Williams

• Doctor visits sex killer in prison for final physical Military already taken step of burning uniform

The former colonel, who is serving a life sentence for the brutal sex slayings of two women, went through a final medical exam last week.

A military doctor visited Williams at Kingston Penitentiary to perform the exam which was arranged through prison security, Canadian spokesman Cmdr. Hubert Ĝenest.

"In order for us to close the file, we have to complete the medical exams to make sure that before the person is released, we have the information to confirm the state of physical health and mental health of the person," he said in



an interview.

Williams has already been stripped of his rank, but won't officially be drummed out of the Canadian Forces until they retrieve his medals and commission scroll.

Two senior Canadian Forces officers, accompanied by military police, entered the eastern Ontario cottage where Williams raped and murdered one of his victims to retrieve his military clothes and other gear on Nov. 17.

Uniforms and other equipment belong to the military and are usually retrieved when someone leaves the Canadian Forces.

But Genest said it was the first time he's ever known a uniform to be burned in his 25 years with the military

THE CANADIAN PRESS







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Astral beaming with radio apps to go mobile

▶ Apps compatible with iPhone, BlackBerry and Android smartphones ▶ Scheduled to go live early 2011

Astral Media Inc. says it has inked an agreement to beam its radio stations to mobile devices across Canada under a three-year deal with UBC Media Group.

The pact will include the creation of software applications for smartphones that allow listeners to enter contests, use social networking, stream live music events, buy music and interact directly with on-air personalities and with each other, Astral said yesterday.

Astral said yesterday.
Scheduled to go live in early 2011, the mobile applications will be compatible with Apple's iPhones, BlackBerrys and Googlepowered Android smart-

Astral app happy

A three-year deal with UBC Media Group allows Astral to beam its radio stations across the country

- What's in it for listeners?
 Entering contests, using social media, streaming live events, buying music.
 Interactivity
- Users will be able to interact directly with on-air personilties and each other.

phones.

Radio station applications for phones are becoming increasingly popular and are already used by satellite radio providers.

"These new mobile applications will allow us to deliver a rich digital content offering integrated with a deep social media platform, said Rob Farina, executive vice-president of content and platforms for Astral Radio and Orbyt Media, a division of Astral.

"The rollout of these exciting applications will be a game-changer from a user experience standpoint across all our platforms."

Montreal-based Astral is the country's largest private-sector radio company.

pany.
THE CANADIAN PRESS



Airlines on the verge of a merger

Shareholders in British Airways PLC and Iberia SA approved an \$8.9-billion US merger. The two airlines announced the merger earlier this year as a way to survive in an industry facing falling demand in the wake of the global credit squeeze.

2.5%
A Royal Bank report

suggested housing affordability improved nationally by 1.4 to 2.5 percentage points from the second quarter. THE CANADIAN PRESS





The body uses dietary iron to transport vital oxygen to all its tissues. However, many people, especially women, children, elderly people and athletes, do not get enough iron to satisfy their needs. Are you finding it difficult to get through the day?

More common than you might think ...

Did you know that one woman in four is iron-deficient? Iron

deficiency can make you feel faint, tired and irritable, and make it difficult to concentrate. Other signs that your body's iron levels are too low include: dark circles under the eyes, headaches, pale skin and an increased need for sleep.

Lack of iron is the most common nutritional deficiency in the world. There are varying degrees of iron deficiency – and you may not even be aware that your iron is low. Elderly people, athletes, pregnant and nursing women, and vegetarians may have an increased need for iron supplementation.

Iron is essential

Since your body cannot produce iron by itself, you have to get it from your daily diet. Most of your iron goes to making hemoglobin - the colouring substance of red blood cells. Iron is essential for the transportation of oxygen in the

body. It's almost impossible to get enough iron from your daily diet to ensure the proper functioning of your body.

The natural solution!

Floradix, a plant-based liquid iron supplement, may help to improve your iron levels. Floradix is easily absorbed by the body, has no harmful effects on the digestive tract and offers positive results. Made from highly soluble iron gluconate as well as whole foods

and co-factor vitamins, Floradix is highly absorbable and quickly replenishes iron levels, which helps to restore vitality! Today, Floradix is highly recommended by health care professionals because it is easy on the digestive tract as well.

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Are you iron-deficient?

- Do you often feel listless, weak or irritable?
- ☐ Do you look pale, lack appetite or feel tired?
- Are you often cold or chilly?
- Do you have brittle hair and nails?
- Are you pregnant or nursing or planning to become pregnant?
- Have you lost a lot of blood (e.g. from surgery, injury or donating blood)?
- Are you vegetarian?

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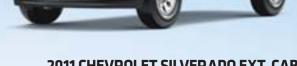
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CHEAPNESS MIGHT ACTUALLY BE A VIRTUE



This is a story about my coworker Phillip.

hillip and I happen to share the same birthday. And this is where the similarities end. While I've been known to be a bit reckless with my spending, he is much more conservative when it comes to finances.

If I were polite I would call Phillip extremely frugal. But instead, I'll be honest and call him cheap. He brings pennypinching, coupon clipping and discount shopping to a whole

In addition to his actual job, Phillip runs a small convenience store out of his cubicle. On any given day his filing cabinet holds chocolate bars, trail mix, bags of chips and even packages of Tums for overindulgent co-workers. He dispenses his wares at an exorbitant premium, making a signifi-

cant profit off of snack-happy office mates. Phillip has a strict pricing policy; he doesn't permit haggling and will not sell you a handful of Skittles at a discount.

Despite daily arguments over the cost of a single mini Kit-Kat bar (50 cents each or three for a dollar) Phillip's

stingy attitude can also be a helpful (if not hilarious) addition to the daily 9-5 grind. He

routinely circulates emails that alert office staff to special sales and discounts that might be of

> So why should you care about any of this?

interest.

We're all inclined to be a bit generous with our paycheques around the holidays. Every year, I splurge on gifts for loved ones only to wind up plunging into a debt despair come January.

This year, Phillip - my perpetually penny-wise friend has been encouraging me to give up my wanton ways and come over to the cheap side. Ninety per cent of his gift giving is reliant on whatever those groupbuying coupon websites offer in the weeks leading up to the holi-

days. What a Grinch.

But maybe he's onto something. On the heels of Black Friday and the general insanity of holiday shopping, I've started thinking that maybe gratuitous spending isn't so great, even if it is in the name of all things festive. In the face of crazed consumerism, cheapness might actually be a virtue. And perhaps a little retail restraint is just what we all need this holiday season.



Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

12 days equals \$100K



Worth mentioning

In the unlikely event that your Christmas list this year includes every item mentioned in The Twelve Days Of Christmas, be prepared to pay nearly \$100,000

Trying to buy the 364 items repeated in all the song's verses — from 12 drummers drumming to a partridge in a pear tree would cost \$96,824 US, an increase of 10.8 per cent over last year, according to the annual Christmas Price Index compiled by PNC Wealth Management.

So you might want to try for one of everything. That would cost only \$23,439, or 9.2 per cent more than last year.

Holiday index

"On the heels

of Black Friday

and the general

insanity of holiday

shopping, I've started thinking that

maybe gratuitous

spending isn't so

great, even if it is in

the name of all

things festive."













The 27th annual holiday index has historically mirrored the U.S. Consumer Price Index. but not this year. The PNC Christmas Price Index grew 9.2 per cent from last year, compared with just a 1.1 per cent increase in the much broader Consumer Price Index.

Also, gold prices are high — which pushed the

cost of five gold rings up 30 per cent to \$649.95 as was the cost of hiring entertainers.

The most expensive item on the list was \$6,294.03 to hire nine ladies dancing, a 15 per cent increase from last year. The cheapest was \$12 for one partridge, a 20 per cent increase. THE ASSOCIATED PRESS

Will you shop more online this holiday season? Why? **Email** ottawaletters @metronews.ca **Twitter** @metroottawa

Metro has the right to edit letters and submissions.

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METRO CANADA: Group Publisher Bill McDonald, Editor-in-Chief Charlotte Empey, Deputy National Editor Fernando Carneiro, Associate Managing Editor Tarin Elbert, Scene/Life Editor Dean Lisk, Asst Managing Editor Amber Shortt, Art Director Laila Hakim, Nat'l Sales Director Peter Bartrem, Interactive/Marketing Director Jodi Brown

Metro Minute with Bob Hallett

Great Big Sea fans will want to mark this event in their calendars

Newfoundland Labrador folk rocker Bob Hallett will read from his latest book, the autobiographical Writing Out The Notes, at 1 p.m. Thursday at the Ottawa Public Library's main branch. A discussion of the book with CBC-TV host Ken Rockburn (Rockburn Presents) will follow. Though he's best known for his musical career, Hallett has also written a guide to the music business for the federal government, two selling language arts textbooks, and a documentary for CBC radio on the metaphysics of folksongs. Admission is free.

STEVE COLLINS



◆ From the future Queen of England to the guidos and guidettes of the Jersey Shore, Barbara Walters reveals the most fascinating people of the year ◆ 16-year-old Justin Bieber and 88-year-old Betty White also sit down to talk with legendary broadcaster













scene

Addiction special-ist Dr. Drew Pinsky will have a new prime-time show weeknights on HLN starting next spring. The network, formerly CNN Headline News, made the announcement yesterday. Pinsky hosts Celebrity Re-hab With Dr. Drew on VH1. His HLN show is expected to be more of a talk show, where he discusses news stories that fit into his area of expertise. Pinsky says he's looking forward to the chance to "really explain the choices that people make.' THE ASSOCIATED PRESS



fascinating people

What does octogenarian funny lady Betty White share with teen singing sensation Justin Bieber? What do film star Sandra Bullock and hoops star LeBron James have in common?

All are among this year's crop of The 10 Most Fascinating People, as harvested by Barbara Walters from the fields of entertainment, sports and world affairs.

Also on the list: GOP superstar Sarah Palin, incoming American Idol judge Jennifer Lopez, royal fiancée Kate Middleton and the entire cast of MTV's Jersen

sey Shore. Two more Most Fascinating People are yet to be disclosed, and, as usual, the 10th name will be kept under wraps until the ABC News special airs Dec. 9 at 10 p.m.

This is the 18th year Walters has presented her roundup of the biggest and most buzzworthy. But this year, there's more. She's got a companion special the same night.

An hour earlier — at 9 p.m. EST — Walters is hosting Oprah, The Next Chapter. It's an in-depth visit with Winfrey as she readies

OWN, her new cable network launching Jan. 1, and roars down the home stretch of her daytime talk show's final season. "I interviewed her in

"I interviewed her in 1988, when she was first becoming very popular," Walters said not long ago. "She and I consider this latest interview our coming full circle."

On the program, Winfrey will discuss her new network, the reason she's doing it and concerns she has for its success — "it's a huge leap of faith," Walters said. Winfrey also talks "very personally" about her relationships with best friend Gayle King and longtime partner Stedman Graham.

"This is an interview about Oprah's life at this turning point," Walters said.

On The 10 Most Fascinating People of 2010, the conversation is personal, too, when Walters sits down with White.

At 88, White has enjoyed a year of triumphs and much-deserved attention as an actress-comedian who is full of life, but during her interview, "she talks about how she feels about death," said Walters, adding, "She still wants to have sex."

Palin — the bestselling author and former governor and vice-presidential candidate — is one of Walters' most fascinating people for a record third consecutive year. Walters said she came away from their recent meeting convinced that "this is a woman who is going to be a candidate (for president) — or, at least, wants to be a candidate."

THE ASSOCIATED PRESS



Finding treasures in trash

Spike TV's Auction Hunters fixates on finding gems among garbage

Allen Haff has found himself in a precarious position.

Armed with a pocket knife and a rechargeable flashlight resembling a space-age ray gun, the lanky 41-year-old is dangerously perched inside a storage unit on the side of a mattress that is teetering against a rickety tower of boxes.

Each time Haff shifts his weight while slashing open the sealed boxes, the dingy mattress bends as if it will suddenly give way and toss Haff down on top of the mounds of junk beneath him.

He doesn't care. At this moment, he doesn't want to be anywhere else.

Haff makes money by uncovering goodies inside

because of unpaid rent.

"I'm falling in love," he says after finding some pottery inside one of three units that he and his business partner bought at a recent auction.

"Every time I open one

of these boxes, I feel like there's an arrow pointing me to the next one. I can hear them saying, 'Keep looking. Keep looking.' I want to see it, and I want to be the first one to see

The addictive exploits of Haff and his burly 32-yearold partner Clinton Ton Jones are the focus of Spike's Auction Hunters, the latest entry in the popular trash-or-treasure reality TV subgenre.

Much like such predecessors as PBS' Antiques Roadshow and History Channel's American Pickers, Auction Hunters fixon finding gems among garbage.

With only a few min-

utes to peek inside units at their potential purchases no touching allowed - Haff and Iones must use clues to decide how much to bid

"Everyone has some junk in their home. It's nice to think you might have something that's worth money, too." DAVID HALLE, UCLA PROFESSOR

or whether to bid at all. If they win, they must take everything. They picked this unit because it has a vintage case and the boxes still intact, which might mean something valuable is inside them.

Haff, a sometimes actor and TV host who also scours thrift stores and estate sales, prefers his form of modern-day pirating versus "the guys that go out and haggle with old guys to take their treasure away '

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CSI's Sela Ward

Says television offers women an array of roles, unlike the big screen



METRO WORLD NEWS IN HOLLYWOOD

After years of emotional dramas like Once and Again, actress Sela Ward is learning a whole new language as the latest addition to the cast of CSI: New York.

Taking on a role filled with shoot-outs and technical jargon has proved more daunting than she expected, she admits, but the Mississippi native and mother of two isn't tak-ing the challenge lying

She talked with Metro about dealing with tough dialogue, roles for women and why she's not a fan of at least one of her own movies.

Before joining CSI: New York, you were ready to reI'd swore I'd never go back to another TV show because my kids were at the age where if I did, I was never going to see them and they were going to be in college and gone.

But then when I played that mother in the Stepfather, that Sony movie, I watched that and I went, "I cannot play another one of these unintelligent women again. How could she possibly not read those signs that something is really off about this guy — as in, like, he's a murderer?" So I really had, all kidding aside, decided that I was retiring.

But I really, really missed acting. And when I got this call this summer, I thought, well you know my kids are 16 and 12 now, and they're really not interested in their mother, so maybe this might be a good time to go back.

Was it difficult going from dramas like Once and Again to a procedural?

I thought it was going to

be a walk in the park.
I really did. Because clearly I don't watch television, and I hadn't watched enough of these shows — until they called me, then I watched maybe two. I should've watched a few more.

Because, I don't know if you've noticed, but it's mostly exposition, where you're explaining to the audience over and over

everything. And I just am not used to that. It was very, very difficult for me for the first five shows.

Do you ever think maybe there's too much exposition in the show?

That's a great point, and I asked that many times as I first started.

They're moving so fast and they're so technical when they start to get into the science of what's going on, that they want to make sure the audi-

ence remembers.

I keep going, "Are they really that stupid? They just can't be that stupid. I mean, we've told them that already now four times. I have to say that again?"

It's just so foreign to me to have to do that.

It seems like TV is a better place for actresses than film these days.

I think television is, and has been for a while now, the place for women, in terms of really interesting

No doubt.



shine in lower budget movies than in today's blockbuster hits.



TV picks

Glenn Gould

DOCUMENTARY. Oscar has its eye on Genius Within: The Inner Life Of Glenn Gould, a feature-length film shortlisted for the best long form documentary prize.

Nominations come out early next year.

The movie delves into the private life of the legendary Canadian pianist and is said to include never-before seen footage, photographs, and ex-cerpts from Gould's private home recordings and diaries. (Bravo)

Christmas Classics

HOLIDAYS. Holiday hype ramps up with a slew of Christmas-themed programming tonight.

Most of them air at about the same time, so you'll have to choose from a range of classics, old and new: Rudolph the Red-Nosed Reindee on CBS, Christmas in Rockefeller Center on NBC, Dr. Seuss' How the Grinch Stole Christmas on ABC and the back-to-back animated specials, Lanny & Wayne: The Christmas Elves In Prep & Landing and Shrek The Halls on

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The grammy contender is beginning to feel more comfortable under the gaze of the media

Posing for cameras at a red-carpet event is an everyday occurrence in the entertainment world, an almost mandatory requirement for Celebrity

But for Sade, a woman who has had arguably the most uncommon career in music, doing things that typical stars do is atypical. So when she decided to walk before paparazzi at Alicia Keys' Black Ball for Keys' Keep a Child Alive charity a few months ago, it was an event in itself, and a first for the enigmatic performer.

"I don't think I'm a good star. I don't do all the stuff," remarked Sade in a recent interview. chuckling about her career milestone at the charity event, where she

also performed. "I think I'll remain a novice; I'm not going down there again, at least not for a while."

While red carpets may not be in her future, Sade seems to be sharing a bit more of herself with her most recent comeback, the release earlier this year of Soldier of Love. The critically acclaimed album, which has a strong chance to be among those mentioned when the Grammy nominations are announced Wednesday, debuted at No. 1 on the album charts when it was released in February. It came after a 10-year break from recording for Sade, the band that she fronts and bears her name

The 51-year-old Sade is known as much for her reclusive nature as her "I think I am changing, lightening up a bit, in regard to being there and being seen and being judged."

SADE, ON BEING IN THE MEDIA'S GAZE

captivating, hypnotic slow grooves. In an era when performers rarely cede the spotlight, putting out project after project and lending their names to clothing lines, fragrances, video games and more, Sade only appears when she has new music, and a new Sade album is, in itself, an event. Her last album was 2000's Lovers Rock, and that followed an eight-year break from making music.

So it was slightly sur-Sade prising to see



singing on ABC's Dancing With the Stars after the album's release. She appeared in a hilarious skit with Wanda Sykes on the comedian's now defunct late show, and appeared on shows like BET's 106 & Park to promote the platinum-selling album.

She acknowledges that she's feeling slightly more comfortable in the media's gaze.

"I'm a reluctant star in many ways, but the only way you can get around that is changing, and I think I am changing, lightening up a bit, in regard to being there and being seen and being judged," she said.

THE ASSOCIATED PRESS



DVD Releases

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Knight and Day

Genre: Action/Comedy
Director: James Mangold
Stars: Tom Cruise, Cameron
Diaz, Peter Sarsgaard
⊕⊕½

Cameron Diaz's reunion with her Vanilla Sky costar Tom Cruise is supposedly a comedy, and Diaz tries to be funny. But serious cookie Cruise acts as if he's in another chapter of his Mission: Impossible franchise.

Funny doesn't come naturally to him; he always gives the creepy feeling of forced hilarity. Even in jest, Cruise can't stand to lose control.

There is also romance in Knight and Day — and

Diaz is up for it — but Cruise still looks as if he's taken charisma lessons from Al Gore. Diaz is just a gal who wants to have fun; Cruise wants us to know he worked really, really hard and he has no time

for foolishness.

Then there is the title, which makes absolutely no sense apart from nodding to the 1980s action movies and TV series that the film takes its cues from.

At least we can all agree that Knight and Day is an action movie, and does it ever move. Every possible conveyance short of a rickshaw are used by the hotly pursued Roy and June.



Waking Sleeping Beauty Genre: Documentary

Director: Don Hahn Stars: Roy Edward Disney, John Lasseter, Michael Eisner

It's a saga fit for a Walt Disney movie classic. A happy little enclave is reduced by dark forces to a shadow of itself, almost to the point of disappearing altogether.

The enclave in question, as seen in this absorbing documentary celebration-cum-exposé, is Disney's own Toontown: the animation division that made Sleeping Beauty, Snow White, Pinocchio and many other memorable movies prior to founder Walt's

death in 1966.

Torpor set in, as oldschool animators chafed at the riskier ideas of such newcomers as John Lasseter and Tim Burton. By the early 1980s, Disney's animated films were failing, upstart rivals were succeeding and there was talk of scrapping the division

scrapping the division.
The situation changed dramatically with the arrival of Michael Eisner and Jeffrey Katzenberg, two ambitious new Disney execs who revived the franchise but also knocked many heads — including their own and that of dynasty scion Roy E. Disney.

O PETER HOWELL



MUSIC VIDEOS DON'T NEED TO BE ON TV

ustin Bieber's Canadian fans have another reason to scream — they'll keep seeing his videos on MuchMusic. The station's parent company, CTV, had asked the CRTC to slash the amount of time it has to play videos on the channel in half, from 50 per cent of air time to 25 per cent; the Canadian Radio-television and Telecommunications Commission turned down that request last week.

That means you'll be able to continue watching as many Bieber, Lady Gaga and Katy Perry videos as you always have. Oh wait, what's that? You don't watch videos on TV?

It's nice to think that CRTC's decision will keep people glued to their TV sets, discovering new music like they did years ago, but we all know that's not true. Synovate Research found, in a global survey that included Canada, that 46 per cent of people watch videos on their computer, while 16 per cent use their mobiles.

The CRTC denied the request for a number of reasons, mainly to do with licensing rules and competition, but if the decision were solely based on how people watch videos, they should have sided with CTV

Artists such as OK GO, or Canada's Jeremy Fisher, aren't relying on MTV or Much to play their music. Fisher's video for Cigarette has more than 2.3 million views — there's no way that many eyeballs would have seen it if it only aired on TV.

Let MuchMusic do what it wants. I'll be tuning into my computer, whether the telecom and music industries like it or not



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Hitting the write notes

♠ According one author, Elvis — the king of rock 'n' roll — was more of a pop singer than we may think



Music criticism may not always be the most fun reading material on which to get your hands.

But that changes when it's written by Will Friedwald.

Friedwald passionately and entertainingly chronicles some 300 artists — the masters of jazz and popular music — in his new book, A Biographical Guide to the Great Jazz and Pop Singers.

"The idea was to talk about the singers who have done the American Songbook and place them on a level playing field.

"I didn't want to make divisions between so-called jazz singers and pop singers and Broadway singers," Friedwald says about bringing together various genres.

But the biographical histories of these iconic American musicians are not limited to those of the past.

It's artists such as Jamie Cullum, Michael Bublé and Harry Connick Jr. who represent the newer side of the musical spectrum, according to Friedwald.

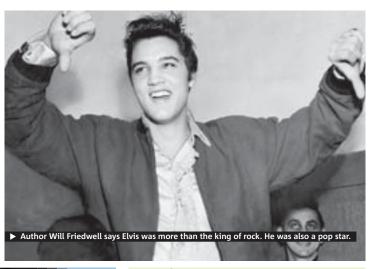
"Music is going in all

kinds of directions," Friedwald says.

"There's a lot of great contemporary people out there."

Friedwald also includes an extended section in the book containing short biographies of musical greats from other genres such as rock 'n' roll, blues, gospel, country and folk rock.

"One of the conclusions I came away with was that Elvis was more of a traditional pop singer than you might think.





Animal Comics

After chewing up television with its wildly popular Shark Week, Discovery Communications aims to snatch an even bigger bite for its popular franchise: comic books.

The parent company of Discovery Channel and Animal Planet hopes to make a big splash when it releases its first comic book, Top 10 Deadliest Sharks.

The book — dubbed a nonfiction graphic novel — comes out Dec. 1 and is being published by Philadelphia's Zenescope Entertainment under the Silver Dragon Books imprint.

Like its namesake television counterpart, the Shark graphic novel takes a serious but accessible look at some of the

species' deadliest and dangerous members.

Using Andy Dehart, the network's resident shark expert — and public face of the annual TV event — the graphic novel boasts 10 stories based on real events and spotlights a particular shark.

"Discovery's mission has always been to help viewers satisfy curiosity about the world around them through breathtaking imagery and stories," said Elizabeth Bakacs, vice-president of licensing at Discovery Communications.

She said it was only natural for the network to leap into graphic novels as a way to not just tell its stories, but garner a new arena for its popular programming.

"Graphic novels offer a unique opportunity to expand our platforms for storytelling," she said.

A book that seals the deal

• After suffering through horrid romantic situations, Marisa Pinson and Dave Horwitz pen their deal breakers



We've all been there — sitting at a restaurant across from a creep, a cougar or a narcissist who still lives with his parents.

The lucky ones get all three.

In Dealbreaker: The De-

In Dealbreaker: The Definitive List of Dating Offenses, authors Dave Horwitz and Marisa Pinson analyze these bad dates to create a hilarious list of "dealbreakers."

Their list features in-

Their list features insight from both of genders of daters in their 20s.

"It's a pretty authentic

glimpse into an entirely new generation of dating.

"Our book really accurately represents people in their 20s in the dating world," Horwitz explains.

Horwitz and Pinson met while performing sketch comedy in Los Angeles.

After both suffering through terrible romantic situations, they decided to share the tragedy of their dating lives on a blog.
"I think of the blog as

"I think of the blog as non-stop jokes.

"But when we had the opportunity to write a book, we figured this has to be a little more than just jokes," says Horwitz

on the difference between the two.

The book also follows the life cycle of a relationship from the first date all the way through to to the breakup.

"The more you know nobody's perfect, the more you can have a successful relationship — or even date."

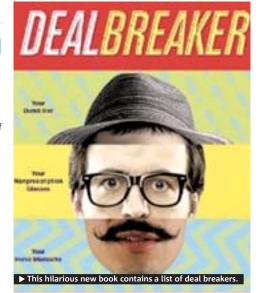
So what's Horwitz's final piece of advice for those who are also in the trenches?

"Give someone a chance. If you can find a way past the dealbreaker, then you can find something special."

Avoid at all costs

Dave Horwitz shares his Top. 3 dealbreakers

- You're a bad kisser "It's my No. 1."
- You sit on the same side of the booth
 - "Marisa assures me it's proably the worst thing you can do." You don't like Prince
- "It may seem minor, but it's really important. If you don't like Prince, you can't hang out with me.
- "You can't hang
 "It's basically saying if you
 can't relate to my friends, I
 can't see us together."



Justin Bieber gets ready for crucial change

- His voice hasn't broken yet, but it will soon
- Working with Usher's voice coach

While his star continues to rise, there are concerns over how exactly teen sensation Justin Bieber's voice

"Justin is physically developing at a slower rate

than most guys so his voice is only breaking now," a source tells the News of the World. "He's working with the best in the business, a specialist called Jan Smith, to make sure he

gets as much vocal rest as humanly possible for a working pop star. It's the same people who worked with Usher when his voice broke.



Celebrity tweets



Mariah Carey [@@Mari ahCarey] Curly or

straight?..need the input:)



screamed "daddy!". row, in both of our



Russell Crowe [@russell Kevin and I

are having a liquid dinner

Steve Martin [@SteveMartin

ToGo] Wife packed her bags and was almost out



the door over my misspelling of "indie." Romanced

her back with a..l..b..u..q..u..e..r..q..u..e... METRO



Spider-Man left hanging

Spider-Man's web has gotten tangled on Broadway.

Several delays and at least two actors who were left helplessly dangling from cables high in the air marred the first preview of the mega-musical Spider-Man: Turn Off the Dark.

According to published

reports, Sunday night's performance of the reported \$65 million show ran over three hours because flying tricks went wrong and the production had to stop at least five times.

Actress Natalie Mendoza, who plays an evil spider, and Reeve Carney,

who portrays the comicbook hero, were stuck suspended over the crowd at different times, according to audience members.

More than eight years in the making, delays and injuries have plagued the show's debut.

THE ASSOCIATED PRESS

Hathaway, Franco will host Oscars

James Franco and Anne Hathaway have just what Academy Awards producers want as hosts of Hollynight. wood's biggest They'll put on a show, rather than just another awards ceremony, organizers sav.

Bruce Cohen and Don Mischer, producers of the Feb. 27 telecast, said Monday they had chosen Franco and Hathaway as hosts because the two are rising stars with broad talent that will help turn the night into a celebration of film.

"What we have here are two really emerging talents who are very respected and are going to have, I think, magnificent careers," Mischer said. THE ASSOCIATED PRESS

Twins for Mariah?

With Mariah Carey's pregnancy a matter of record now, there's speculation that the ever-swelling diva may actually be having twins. Carey herself didn't help matters while promoting her new Christmas CD, thanks to a little pronoun slip. "I just hope that they don't turn out hating Christmas," she joked with

METRO



Kirsten's cheesy life

CAN'T BEAT IT. Kirsten Dunst admits she's been living a very un-Hollywood lifestyle since she's been out of the spotlight. "I live at my mom's right now, Kirsten says, according to Hollyscoop. "I don't have a house in L.A. anymore. It's great, I live there and go out to my favourite Valley spots like Hugo's Tacos, Artisan Cheese Gallery. Oh, it's so ● METRO









HIV linked to brain disease: Researchers

Neurological problems shown to be common among AIDS patients No longer universally fatal, antiretroviral drugs are helping to improve survival rate > Still a long way to go though



Rita Tekeste, age 34, is HIV positive.

Since she was diagnosed with the infection seven years ago, she has been on antiretroviral medications. which keep her virus under control while she raises two children, works, and volunteers at the Southern Alberta HIV Clinic in Calgary.

But starting in 2007, Tekeste had some new problems: horrendous debilitating headaches. seizures and loss of memo-

Thanks to one of her

physicians, Dr. Chris Powers, the world now knows that neurological problems like this are fairly common in people with HIV/AIDS patients.

He and colleagues recently published results of an important 10-year study linking HIV to neurological disease.

"In a nutshell we showed that despite the availability of antiretroviral drugs, neurological disease is common, occurring in over 20 per cent of those with HIV," Dr. Powers told Metro.

He is a professor in neurology at the universities of Alberta and Calgary and Canada Research Chair in

"It is not universally fatal the way it was before.

DR. CHRIS POWERS

Neurological Infection and Immunity.

Tekeste is now feeling OK. She's on medications to control her seizures and headaches, as well as taking a cocktail of HIV drugs.

Overall, there is good news on the HIV front, thanks to the dozens of HIV medications now on the market in Canada.

'Yes, it is not universally fatal the way it was bebecause of the availability of antiretrovirals," says Power. But there is bad news too.

"Survival depends on drug cocktails that are hard to take, expensive and toxic. And survival is still much less than in the general population and particularly bad if you have neurological disease."

The study included 1,651 people infected with HIV who were being treated at the Southern Alberta Clinic in Calgary between 1998 and 2008; in those 10 years, 404 of them had problems neurological such as seizures, dementia, nerve pain in their hands and feet, memory loss, headaches and migraines.

Zoonotic

HIV/AIDS is far from the only disease that comes to us from animals. These viruses, bacteria and other nasty bugs are called "zoonotic infections" and there are more than 500 of them, according to the Journal of Epidemiology and Community Health. Here is a partial list of other disease:

H1N1 from pigs West Nile virus from birds Measles from cattle

Rabies from dogs HIV from monkeys

Lyme disease from ticks Malaria from mosquitoes



The disease



The HIVAIDS epidemic is changing In Canada, 65,000 people lived with HIV infection in 2008, an increase of 14 per cent since 2005, reports Health Canada. Gay men continue to be the group most affected by HIV in Canada, amounting to 44 per cent of those infected. But, according to Alberta neurologist Dr. Chris Power, vulnerable populations include I.V. drug users and Aborigi nal women. CELIA MILNE





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Inspiring youth



I'm already sweating although it's only 5:45 a.m. It's a typical morning in Quelimane, Mozambique.

I don't yet know that this day will change my

I first visited Quelimane in August 2005 with four members of Shakespeare Link Cana-

In Mozambique, there are approximately 1.6 million people are living with HIV or AIDS, more than 90,000 of them children under 15. Few have access to antiretroviral drugs and the average life expectancy is just 38 years (as of 2004).

Our company paired up with an extraordinary Mozambican group called Comphania e Danca e Cante Montes Namuli, which uses theatre to teach AIDS awareness. Together our two companies created an HIV/AIDS education play based on Shakespeare's A Midsummer Night's Dream. We turned Puck into the HIV virus: we loaded the forest with lovers and together we created a truly Mozambican adaptation called Sonho Noctourno Dream at Night.

When our company returned to Quelimane in the summer of 2007, we found it suffering with a 33 per cent adult rate of HIV/AIDS. And women

were hit hardest of all. We saw countless or-phans being raised by their grandmothers and innumerable small children being cared for by sisters barely older than they were. We saw young girls offering to trade sex for money, food, or a home, with older men looking to replace wives who have died.

When we first met them, we could barely hear the girls' small voices. Our plan once again was to use theatre to help build their confidence.

For the next five weeks we played games, danced and sang. What happened next

is nothing short of magic.

The girls take their places in a row to sing one of the songs they have learned.

Then, they create tableaux — physical snapshots of girls helping girls; fists in the air, hands clasped together, holding one another up in the air.

One at a time they say. "NO!" — resisting the temptations that can lead to AIDS. We hear every voice. We see every face. They finish their dra-

matic presentation by once again repeating "NO!" Only this time they are louder and stronger. There is a thunder of applause. I see the men in the audience on the edge of their seats, cheering and it feels like a new day

Overcoming AIDS

The story of Christine Jere and surviving HIV How one woman is learning to live with the disease thanks to the CARE of others

The road to Kabiya village, in the eastern province of Zambia, is red and dusty. Tobacco fields stretch off in either direction. Christine Jere sits on the ground outside her mud-and-thatch hut in Kabiya and tells the story of how she nearly died of AIDS.

At 35 years of age, Christine already has three chiland three dren grand-children. She is a widow — her husband died over 12 years ago. In 2002 Christine got sick.

Over the next few years

one symptom followed another as her health steadily declined: loss of appetite, unable to sleep, diarrhea, coughing. Her legs swelled up and, with the pain, she could barely walk. With no mobility, Christine – the main provider for her family – was unable to participate in farming season, which meant no food for the fam-

. Christine's watched with fear as her health deteriorated. They tried everything to convince her to get testing and treatment but Christine resisted. Then in 2006 an outsider came and tipped the balance. The outsider was Joshua Nonde, a caregiver in CARE's Home-Based Care program.

Christine admits it was the independent advice and support Joshua support brought that finally gave her the courage to con-front her illness. She went to the hospital where she was tested for and diagnosed with HIV and AIDS. Christine was started on anti-retroviral drug treat-

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Recovery was a long, slow process. There were those in Kabiya who insisted the modern drugs would not work and urged Christine to give them up in favour of traditional medicine. Again Joshua and the caregivers were there to give reassurance and support her through the treatments. When she was unable to pick up her medications herself the caregivers got them for her. They helped Christine's aunt prepare food for the family and clean the house.

By the end of 2007 Christine had regained weight, strength and mobility. Come the new planting season and she was able to help with the farm-ing again. Seeing her improvement, Joshua invited her to join a newly-started CARE support group for people with HIV and AIDS. The group members help and encourage one another, and keep an eye out to ensure everyone is keeping up on their medications. Each member also makes regular donations

into a group saving project. With the saved money they can provide financial support to group members who are struggling. Recently the group used their funds to cover the funeral costs for a member who had died. The members of Christine's support group are also reaching out - going into their communities to find others who are sick and who have not yet been found by CARE's caregivers.

As for Christine herself, today she is doing better than ever.

Her eyes light up with excitement as she talks about the next farming

She's growing her own vegetables and taking them to sell at the local military barracks. Christine Jere is now treasurer of her support group. She has become a leader among survivors and a role model to her community. COURTESY OF CARE CANADA





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BRIDGING THE GAP

The good cheer of the Holiday season can bring a smile out of us all! But a smile is a lot easier to flash when you are confident that your smile has an attractive appearance.

Sadly, many people feel a great deal of self confidence about their smile. Rather than let their full personality show through, they keep much of their mouth covered when they smile.

Why would they do this? Often, missing or crooked teeth leave them with a smile they simply do not want people to see

The good news is that there are cosmetic treatment options available which can correct these problems. Some patients may benefit most from implants. Others may find a bridge to be their best option.

A bridge is a replacement tooth that uses the teeth on either side of the space to secure the bridge in place. The adjacent teeth can be referred to as the anchor teeth.

Your dentist will install a bridge by preparing the anchor teeth to do their job as supports. This may require your dentist to file down the anchor teeth so that crowns can be fitted over top of them.

The best time to look into getting a bridge is immediately after losing the

9

Dr. Wayne Perron Dental Surgeon

natural tooth. The longer you wait, the more likely your teeth will shift somewhat to fill in the space left by the loss of this tooth. That results in the crooked teeth that many people try to thide. If the teeth have shifted position, your dentist will have more work to do in order to straighten them and make room for the bridge.

Today's technology has resulted in bridges that are so natural in colour and shape, it is virtually impossible to tell them apart from your natural teeth! That means you can smile contidently at the world knowing nobody would even guess that you had any cosmetic work done!

Just as importantly, the material used in bridges today is highly durable. That

means you can be confident that they will last a long time provided you care for them properly.

Just like with natural teeth, **proper care** is **vital!** You still need to floss and brush regularly to make sure the areas around the bridge and the crowns are as free of plaque and bacteria as possible. This includes **flossing under the bridge** to prevent the accumulation of any debris around the adjacent gum line

Also, you still need to make sure you visit your dentist on a regular basis. S/he will want to continue to monitor your overall oral health, including the performance of your bridge, to make sure no other issues arise.

If a missing tooth is preventing you from really letting out a dazzling. Holiday smile, talk to your dentist about the options to improve that situation. Simply "bridging the gap" may give you the confidence to show off your restored smile without anyone knowing you have had any work done.

So talk to your dentist about how you might be able to straighten any crooked teeth. Because filling in missing gaps is a healthy habit...and healthier habits lead to healthier lives.

Dr. Wayne Perron



In search of new treatments

AIDS researchers around the world are watching the "slow progressors" — people who have HIV infection but don't develop full-blown AIDS.

They only account for one per cent of HIV-infected individuals, but they may provide a key to new treatments.

An international study has identified a genetic variation that helps their immune system control the infection before it spreads.

The Canadian arm was

led by Dr. Cécile Tremblay, a researcher with the Centre hospitalier de l'Université de Montréal Research Centre.

He assembled research on slow progressors from all over Canada.

CELIA MILNE



VOLUNTEERS NEEDED FOR DEPRESSION RESEARCH

Psychiatrists at the Ottawa Psychopharmacology Clinic are currently conducting a research study of an investigational medication for depression. The purpose of the study is to further our knowledge about the possible treatment of depression. Study duration is initially 8 weeks with possible continuation of up to 16 weeks in total. Included are a physical exam, blood tests and a psychiatric interview. All information provided will be treated in strictest confidence. To volunteer, you must be 18-70 of age, not currently in psychiatric treatment (unless you are being referred by your treating doctor), have no drug or alcohol problems and be in generally good physical health.

	YES	NO
I am feeling sad and depressed		
I am having difficulty sleeping		
I am feeling low in energy and slowed down	0	
My appetite has changed		
I am experiencing feelings of guilt	0	
I have lost interest in work and pleasurable activities	а	0
I feel hopeless about the future		
I feel tense and anxious		
I am having difficulty making decisions		0
I am having trouble concentrating		



Ottawa Psychopharmacology Clinic Smyth Medical Centre

If you have answered YES to fi ve or more of these statements and have felt poorly for the past month, you may be suffering from depression. To be evaluated for this program please call, any time (24 hours), leave your name and phone number on our confi dential voice mail:

(613) 737-5454 ext. 225

All information is kept in strictest confidence. Research programs are reviewed by an ethics review board.

91-27-19

A pricey treat



One of the perks of this job is that I get to drink things that I can't afford.

A perfect example is brandy, a booze category that covers any spirit made by distilling wine.

Brandy can be made anywhere, but only those from France's Cognac region get to use that famous geographical identifier. Getting a chance to try the big guns is rare, so the chance to sip Rémy Martin's Louis XIII (\$1,903.10

- \$2,800.00) at a recent tasting was a perk.

Made from a blend of more than 1,200 different individual spirits (some of which are more than 100 years old), Louis XIII is a rich, rounded brandy with sophisticated fruit overtones. If Louis is a bit rich for your blood, Rémy Martin's V.S.O.P Cognac (\$73.98 - \$89.95) is equally impressive though not as old.

Prices reflect cross-country range. Some products may not be available in all provinces.



A classic favourite

• We dug up Old Bay Seasoning's original side-of-can crab cake recipe

Preparation:

- Heat oven to 200 C (400 F). Then, to make remoulade: In a bowl, whisk together mayonnaise, pepper jelly, capers, gherkins, parsely and Worcestershire sauce. Season with salt and pepper. Set aside.
- 2 Cut two ends off each potato, then cut each in half across the centre to create two rounds. Place in bowl and cover with hot water. Allow to rest for 10 minutes.
- Remove potatoes from water and dry well. Place potatoes on a rimmed baking sheet and toss with oil, salt and pepper.
- Arrange potatoes in an even layer on baking sheet, then roast for 15

minutes. Use a spatula to flip each round, then roast for another 15 minutes or until they are cripsy and browned on the outside and tender on the inside.

- While potatoes cook, make crab cakes. Crumble stale bread into a medium bowl and add milk. All the bread should absorb all the milk. Add remaining crab cake ingredients and mix until incorporated.
- 6 Form mixture into 20 miniature patties, about the size of a tablespoon.
- When potatoes are cooked, transfer them to paper towels to drain any excess oil. Carefully place crab cakes on hot pan and return to oven. Cook for 5 minutes, then

turn on broiler. Brown crab cakes on one side, two minutes, flip crab cakes over and broil them until browned on the other side.

Arrange potatoes on a platter. Top each one with a crab cake, then drop a small dallop of remoulade. Serve immediately. Makes 20 servings. THE ASSOCIATED PRESS

Ingredients:

REMOULADE

- 50 ml (1/4 cup) mayonnaise
- 30 ml (2 tbsp) hot pepper jelly
- 50 ml (1 tsp) capers, chopped
- 15 ml (tbsp) chopped sweet gherkins
- 15 ml (1 tsbp) chopped fresh parsley
- 5 ml (1 tsp) Worcestershire sauce
- Salt and black pepper

POTATOES

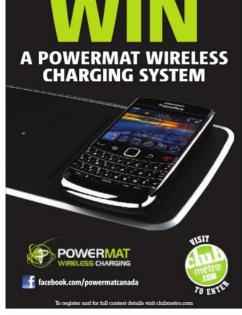
- 10 baby red potatoes
- 30 ml (2 tbsp) vegetable

oil

•Salt and ground black pepper, to taste

CRAB CAKES

- 2 slices stale bread, crusts removed
- 30 ml (2 tbsp) milk
- 15 ml (1 tbsp) mayonnaise • 15 ml (1 tbps) Worcester-
- shire sauce
- 15 ml (1 tbsp) chopped parsley
- 5 ml 1 tbsp) baking pow-
- der • 5 ml (1 tbsp) Old Bay sea-
- 1 egg, beaten
- 500 g (1 lb) lump crabmeat



YOU COULD





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everyone's
looking at
you? They
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PUTTING YOUR BEEF ON THE CHOPPING BLOCK

ANGELA PACIENZA & DEREK CHEZZI 2FORCOUPLES.COM TWITTER: @SMUGMARRIEDS

I'm a vegetarian but my husband-to-be is a carnivore. We're on the verge of moving in together, but he's upset that I won't allow meat in the house. Can a vegetarian and meat-lover ever live happily ever after?

Angela says...

Relationships are all about compromise and it doesn't seem fair to all out ban meat from the house if your loved one partakes.

You will both need to figure out how to have meat around, while being respectful of each other's food choices. This will be a logistical challenge, no doubt. But remember that sharing meals can be a very intimate activity you

do together as a couple — whether it's cooking together, preparing a treat for your honey or stocking the fridge for your loved one. You don't want to feel as though you're college roommates labelling one half of the fridge.

Derek says...

During our honeymoon, Angela and I visited her family in southern Italy. When we arrived at their house, one of the first sentences out of my new zia's mouth was "We're having rabbit for dinner. We killed it this afternoon in your honour."

I learned, you can't force a meat-eater to go green.

THE USHER THAT STOLE HER HEART



How We Met: Kevin & Heather

Names: Kevin, 22, and Heather, 20

Current city: Toronto

Together since: 2009

Their story:

"I was 16 years old the first time I (Heather) met Kevin. We were at a party and although he was very charming and persistent, I wasn't interested that night (I was only 16!)...

Fast-forward almost three years, and I'd been asked to serve as a bridesmaid in my cousin's wedding.

The only thing in my mind was 'I hope my usher is cute!' Shallow? Sure. But I

was 19 and had been through my fair share of frogs.

My cousin and her fiancé held a barbecue mixer so that all the bridesmaids and ushers could get to know one another. It was a hot day in July, and I definitely dressed to impress that afternoon!

My cousin introduced me to this semi-tall, slightly chubby guy—I saw him as the portrait of perfection! He was exactly who I pictured as my ideal man.

It turned out he was the usher to my bridesmaid, and he was that same cute, eager boy from three years earlier. We talked that whole night and quickly became inseparable. He swept me off my feet this time around, and I knew from then on that I didn't want to live without him. It was definitely love at second sight!"

The award for worst sex goes to...

Canadian author Annabel Lyon has not written the year's worst literary sex scene.

Lyon had been short listed for the Literary Review Bad Sex in Fiction award, but the dubious honour ultimately went to Irish author Rowan Somerville for The Shape of Her.

Judges of the annual literary award said they were especially impressed by a passage comparing lovemaking to "a lepidopterist mounting a tough-skinned insect."

The animal imagery continues elsewhere in the novel, a tale of desire and memory set on a Greek island. One character's fingers are described as "tender enough to hold a

tiny bird."

The prize, founded in 1993 by Literary Review magazine, aims to draw attention to "the crude, tasteless, and often perfunctory use of redundant passages of sexual description in contemporary novels."

contemporary novels."
Somerville, who was born in Britain and lives in Ireland, took his victory in good humour, noting that "there is nothing more English than bad sex."

He said he was honoured to be shortlisted alongside authors like Australia's Christos Tsiolkas – for The Slap.

Lyon was in the running for The Golden Mean, which was nominated for the Scotiabank Giller Prize and the Governor General's Award and won the Rogers Writters' Trust Fiction Prize.
THE CANA-DIAN PRESS

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How to give with a purpose

• Putting some thought into giving is sure to make your charitable donation a lot more meaningful

ON MONEY

ALISON GRIFFITHS
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'Tis the season of giving, but, like anything to do with money, having a

plan really improves both the experience and the outcome.

First of all, make sure the charity of your choice is registered with the federal government. The Canada Revenue Agency has been eyeing charities more carefully lately and there has been an increase in revoked registrations.

Secondly, it is almost always more beneficial to give directly to a charity rather than via a telephone or mail solicitation.

Some charities do their own mail blitzes but many hire fundraisers that take a piece of the pie.

Thirdly, don't spread your money all over the place. You will feel more connected to a couple of

charities if you focus your giving than if you give little bits here and there to a dozen of them.

Choosing a charity can be overwhelming. There are so many good ones and so much need. One great place to start is with your, or your family's, heart.

My late father-in-law, Jack Cruise, was a ophthalmologist and in his 70s he travelled to India and Pakistan with Operation Eyesight Universal to perform cataract surgery in mobile clinics.

By giving to that organ-



ization, my children felt connected to their grandfather.

In my single years, wild animals were at the top of my love list and I gave to the World Wildlife Fund every year.

A neighbour has soccerloving boys so they give to a charity that provides balls, nets and uniforms to kids in places like Haiti.

I also find that children love causes where they get something back such as a letter, a photo or some tangible recognition that their efforts have made a difference.

Donating

\$260 is the median cash donation in Canada

 cra-arc.gc.ca/charities offers a list of registered, suspended, annulled and penalized charities.

Fun and Frugal

LESLEY SCORGIE MONEY@METRONEWS.CA



This year, why not plan to have a frugal and cheerful holiday season by setting up a budget to avoid debt. And by shopping early, you'll have less pressure on your cash flow near the end of the year. Plus, you won't get gouged at the till with holiday "specials."

Save money on presents by drawing names so that you only have to buy for one person. Or, set limits on the amount friends and family can spend on gifts. Also, shop throughout the year when you see specials and sales — check flyers,

the Internet, etc.

Better yet, don't spend on gifts. Make cards, bake or prepare crafts for a gift basket, or exchange loyalty points from your credit card or other reward program for gift cards or travel vouchers.

Plan inexpensive activities like walking, tobogganing, skating, building snowmen or borrowing books and renting old movies. Take your loved ones to a holiday pageant or make a home video wishing your loved ones a happy holiday season.

Organize volunteer activities with friends and family. Pack food hampers at the food bank or fill a few Operation Christmas Child shoe boxes for a child in need. It's a healthy reminder of how important it is to give back.

Decorations can be handmade: string together popcorn or festive cut outs, or turn an old sock into a stocking. Ask for hand-medown decorations from family or friends.

Buy used wreaths, acrylic trees, and ornaments on Craigslist or at a

second-hand store. If you're strapped for cash, choose a smaller tree or decorate a house plant.

Preparing holiday meals can be very expensive so host a holiday potluck diner instead. Try to buy your meal ingredients in bulk and as much in advance as you can. Use coupons and don't overbuy: a smaller turkey and veggie dishes are ample.

The holidays are about spending time with people you love, not getting caught up in the over-consumption hype.



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Pat Burns laid to rest

HOCKEY. Pat Burns' final resting place is a Stanley

Cup.
The old coach was laid to rest at a funeral in Montreal yesterday, with hockey royalty coming out to pay tribute to a man they remembered as a toughbut-kind motivator of players.

B̃urns' ashes were carried into the church for the funeral and, afterward, back out in an urn that is actually a miniature replica of hockey's most coveted prize.

THE CANADIAN PRESS

Palmeiro on **HOF** ballot

MLB. Suspected steroid users Rafael Palmeiro and Juan Gonzalez are on baseball's Hall of Fame ballot for the first time and join Bert Blyleven and former Blue Jay Roberto Alomar, both having fallen just short in last year's vote.

Larry Walker of Maple Ridge, B.C., Jeff Bagwell, and former Blue Jays Benito Santiago and Raul Mondesi also will be on the 33man ballot

THE ASSOCIATED PRESS

Canada to play Germany

SOCCER. Two-time defending champion Germany will kick off the women's World Cup next year against Canada at Berlin's Olympic stadi-UIII. THE CANADIAN PRESS

Sens can't stay on top of Oilers

• Former Ottawa goalie Martin Gerber comes back to haunt his former team



Cogliano Andrew Gilbert Brule sparked the Oilers with a goal and an assist apiece in the third period last night and Edmonton came from behind to record a 4-1 victory over the Ottawa Senators.

Cogliano broke a 1-1 tie less than five minutes into the period and then set up Brule for some insurance as the Oilers got their threegame road trip through eastern Canada off to a winning start before a crowd of 17,002 at Scotiabank Place.

Tom Gilbert, on the pow-



er play, and rookie Taylor Hall, into an empty net, also scored for the Oilers (712-4), who have won two of their past three games. Dustin Penner, the third member of the line with Cogliano and Brule, added a pair of assists.

Martin Gerber, making his second straight start for the Oilers since being re-called from Oklahoma City of the AHL, made 22 saves against his former team in a happy return.

Nick Foligno, with his first of the season, scored the lone goal and Brian Elliott stopped 21 shots for the Senators (11-13-1), who

lost for the third time in the past four games and have just two wins in eight.

Gerber may have had some shaky times during the better part of three seasons in Ottawa, but he was effective last night against a team that's struggling for offence

In the past 10 games, the Senators have managed to score more than two goals just twice and, not surprisingly, they've managed to win only three of those 10 outings.

THE CANADIAN PRESS







Canada doesn't expect to overwhelm its opponents with skill at the upcoming world junior champi-onship. "There's no superstars on the team," Hockey Canada head scout Kevin Prendergast said yesterday. "There's no Crosbys or any of those kind of players on this team." Prendergast unveiled the 39 players who will compete for a spot on the squad at next month's selection camp. The list included just three players who won silver at last year's tournament defencemen Ryan Ellis, pictured, Jared Cowan and Calvin de THE CANADIAN PRESS

TAXES EXTRA



The Evolution Continues.

The new flagship of the EOS Rebel line, Canon EOS Rebel T2) brings professional EOS features into an easy to use, lightweight digital SLR that's a joy to use. Featuring a class-leading 16.0 Megapitel CMOS Image Sersor and increased light semidarity in low light photography, the EGS Rebell T2 also has an advanced HD Movie mode for gorgeous Full HD movies. Able to capture up to 3.7 frames per second, it's ready to go the minute it's picked up. Advanced Live View, a new wide-area screen, plus teatures like Canon's brilliant Auto Lighting timizer and Highlight Tone features ensure brilliant photos and movi easily. With some of the most advanced features of any digital SLR. It's simply the best Rebel Canon has ever created.

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Alouettes optimistic Calvillo will return

The Montreal Alouettes are optimistic that quarterback Anthony Calvillo will pull through his thyroid problem and return next season to help the team try for a third straight Grey Cup, general manager Jim Popp said yesterday.

Calvillo made the shock announcement after leading the team to a 21-18 victory over Saskatchewan in the Grey Cup game Sunday that he will need surgery to remove a lesion from his thyroid gland.

Whether he plays an 18th CFL season in 2011 may depend on if doctors determine the lesion is cancerous or not, and on how recovery from the surgery

"From our end, we wait patiently and hope for the best," Popp said as the Alouettes were preparing for a triumphant return that will include a parade in downtown Montreal tomorrow. "The doctors feel very optimistic."

Asked if he expected Calvillo to be back next season if all goes well, Popp said: "Based on what he's said, yes. But I'm not him."

Popp would not speculate on what the team will do if Calvillo cannot return.

THE CANADIAN PRESS

THERE'S A LESSON FOR RIDERS

CFL Extra Points

DAN TOTH



The Montreal Alouettes long ago learned a tough lesson that the Saskatchewan Roughriders are now also forced to endure.

fter winning just one Grey
Cup in five tries through the
early part of this decade, the
Als were considered failures.
Despite always posting a winning record and being an annual contender for the Grey Cup, getting
there just wasn't good enough.

The 2010 Grey Cup champs are now a legitimate CFL dynasty with back-to-back championships and three titles in the last decade, but getting the franchise to this stage was a long and painful growth process.

As for the Riders, who suffered another heartbreaking Grey Cup loss Sunday in Edmonton, that lesson the Als eventually learned is now staring the Roughies in the face. Getting to the big game is a significant accomplishment and certainly a point of pride for the faithful fans of Rider Nation, but winding up on the losing end — especially in back-to-back years — is a humiliating blow to the franchise. That cruel fate is what Anthony Calvillo and the Als endured a few years earlier when they capped successful seasons with losses in the Grey Cup or East final. Although Saskatchewan pulled off a championship in 2007, it will need to start turning Grey



Cup appearances into Grey Cup rings to avoid the label of good team that can't win the big game.

RESURGENCE

The well-attended and profitable 2010 Grey Cup game in Edmonton underlines the amazing resurgence the CFL is enjoying. Edmonton sold more than 62,000 Grey Cup tickets before the season even began, TV ratings on TSN are at an all-time high, the on-field product is very entertaining, and the league is buoyed by strong corporate sponsorship. Next up is the return of the Ottawa franchise and the possibility that an expansion team will eventually set sail in Atlantic Canada. The league has never been stronger.



NHL

EACT	LEDY		IFEREN	ICE
EASI	LKIN	I CUN	IFEKEI	ILE

	GP	W	L	OTL	SL	GF	GΑ	Pts	Home	Away	Last 10	Str
d-Washington	25	17	6	1	1	86	68	36	12-1-0-1	5-5-1-0	6-2-1-1	W3
d-Philadelphia	25	15	6	2	2	87	61	34	9-4-0-1	6-2-2-1	6-2-0-2	La
d-Montreal	24	15	8	1	0	60	47	31	9-4-1-0	6-4-0-0	7-3-0-0	W1
Pittsburgh	26	16	8	2	0	79	62	34	7-5-1-0	9-3-1-0	9-0-1-0	W
Tampa Bay	24	13	8	2	1	73	78	29	6-2-1-1	7-6-1-0	5-4-0-1	La
NY Rangers	26	14	11	1	0	74	69	29	5-7-1-0	9-4-0-0	6-4-0-0	LI
Atlanta	24	12	9	1	2	80	75	27	8-5-0-1	4-4-1-1	6-4-0-0	W
Boston	22	12	8	0	2	59	46	26	4-5-0-2	8-3-0-0	4-5-0-1	La
Carolina	24	10	11	0	3	71	78	23	5-5-0-1	5-6-0-2	3-4-0-3	Lá
Ottawa	25	11	13	1	0	58	75	23	7-6-0-0	4-7-1-0	3-7-0-0	L1
Buffalo	25	9	13	3	0	62	73	21	4-8-1-0	5-5-1-0	5-4-1-0	L1
Florida	22	10	12	0	0	57	57	20	5-5-0-0	5-7-0-0	5-5-0-0	W1
Toronto	22	8	11	1	2	48	61	19	6-4-1-1	2-7-0-1	3-6-0-1	Lá
New Jersey	24	8	14	1	1	45	69	18	4-5-1-1	4-9-0-0	4-5-0-1	W1
NY Islanders	22	5	12	3	2	49	75	15	3-4-1-1	2-8-2-1	1-7-1-1	W1
WESTERNISS												

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GΑ	Pts	Home	Away	Last 10	Stri
d-Detroit	21	15	4	1	1	73	56	32	10-1-1-1	5-3-0-0	7-2-1-0	W2
d-Dallas	23	14	8	0	1	68	62	29	8-3-0-1	6-5-0-0	6-3-0-1	W4
d-Vancouver	22	12	7	1	2	68	59	27	8-2-0-1	4-5-1-1	5-4-1-0	W2
Columbus	22	14	8	0	0	62	53	28	6-6-0-0	8-2-0-0	6-4-0-0	L2
Chicago	26	13	11	1	1	79	74	28	5-7-0-0	8-4-1-1	5-4-0-1	W2
St. Louis	22	12	7	1	2	57	57	27	8-1-0-1	4-6-1-1	4-5-0-1	L2
Phoenix	22	11	6	4	1	66	65	27	5-3-2-1	6-3-2-0	7-1-1-1	L1
Colorado	23	13	9	1	0	83	71	27	7-4-0-0	5-6-1-0	5-5-0-0	W1
Los Angeles	22	13	9	0	0	63	55	26	8-2-0-0	5-7-0-0	4-6-0-0	L3
San Jose	22	11	7	4	0	65	63	26	7-3-2-0	4-4-2-0	5-2-3-0	W1
Anaheim	25	11	11	2	1	64	77	25	7-4-0-1	4-7-2-0	4-4-2-0	W1
Minnesota	22	11	9	0	2	56	62	24	7-5-0-1	4-4-0-1	5-5-0-0	L1
Nashville	22	9	8	3	2	51	60	23	3-1-3-2	6-7-0-0	4-4-0-2	L4
Calgary	23	9	12	1	1	64	69	20	5-5-0-0	4-7-1-1	3-5-1-1	L1
Edmonton	23	7	12	1	3	59	89	18	3-6-0-1	4-6-1-2	3-5-1-1	W1

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Washington 3 Carolina 2 (SO)

Washington 3 Carollina 2 (SO) Tonight's games (All times Eastern) Tampa Bay at Toronto, 7 p.m. Phoenix at Nashville, 8 p.m. St. Louis at Chicago, 9:30 p.m. Atlanta at Colorado, 9:30 p.m.

Detroit at San Jose, 10:30 p.m.

Getzlaf, Ana

Heatley, SJ

Eriksson, Da

P.Kane, Chi Roy, Buf Ladd, Atl

Ladd, Atl Datsyuk, Det Giroux, Pha Plekanec, Mtl Letang, Pgh Liles, Col Ryan, Ana P.Stastny, Col J.Williams, LA

Selanne, Ana J.Thornton, SJ

Havlat, Minr

Marleau, SJ

Kopitar, LA Malkin, Pgh

Duchene, Col Dubinsky, NYR

Zetterberg, Det

Last night's results	
Pittsburgh 3 N.Y. Rangers 1	
Dallas 4 Carolina 1	
Edmonton 4 Ottawa 1	
Minnesota at Calgary	
Los Angeles at Anaheim	
Sunday's results	
Atlanta 4 Boston 1	
Detroit 4 Columbus 2	

OILERS 4, SENATORS 1 First Period 1. Ottawa. Foligno 1 (Neil) 6:30

1. Ottawa, Foligno 1 (Neil) 6:30
Penalties — Whitney Edm (high-sticking)
3:22, Gagner Edm (tripping) 7:11, Horcoff Edm (hooking) 17:29.
Second Period
2. Edmonton, Gilbert 4 (Gagner) 18:39 (pp)
Penalties — Winchester Ott (high-sticking)
3:29, Regin Ott (delay of game) 8:55, Winchester Ott (hooking) 13:14, Neil Ott (tripping) 17:06. ping) 17:06. Third Period

3. Edmonton, Cogliano 3 (Brule, Penner) 4:19 4. Edmonton, Brule 4 (Cogliano, Penner) 12:48 5. Edmonton, Hall 6 (Horcoff, Eberle) 18:05

(en)

Penalty — Foligno Ott (boarding) 5:02.

7 10 8 11 5 7 25 23

V,Z=U=U	Enstrom, Atl	3	1/		
rs (goa	Lidstrom, Det	3	17		
-3.	Ribeiro, Dal	3	17		
tawa.			J.Carter, Pha	11	8
			Lucic, Bos	10	9
			Toews, Chi	9	10
G	Α	PT	Neal, Dal	8	11
18	22	40	Pavelski, SJ	8	11
21	18	39	Callahan, NYR	7	12
10	22	32	Skinner, Car	7	12
18	12	30	Tanguay, Cal	6	13
8	21	29	J.Jokinen, Car	5	14
11	17	28	Leino, Pha	5	14
15	12	27	Briere, Pha	12	6
13	14	27	Iginla, Cal	9	9
11	16	27	Kostitsyn, Mtl	9	9
9	18	27	Vanek, Buf	9	9
2	25	27	Alfredsson, Ott	8	10
11	15	26	Horton, Bos	8	10
8	18	26	Hossa, Chi	8	10
11	14	25	MacArthur, Tor	7	11
9	16	25	Brassard, Clb	6	12
9	16	25	Not including last nigh	t's games	
	s (goa -3. tawa. 18 21 10 18 8 11 15 13 11 9 2 11 8	(sqoals-char) (sqoals-char) (sqoals-char) (square) (squar	tawa. G	Ides	Section Sect

TRANSACTIONS

BASEBALL

MIR

AMERICAN LEAGUE
CLEVELAND INDIANS — Agreed to terms with

C Luke Carlin on a minor league contract. DETROIT TIGERS — Designated RHP Zach

NATIONAL LEAGUE

WASHINGTON NATIONALS — Named Bob Schaefer special assistant to the general man

HOCKEY

MINNESOTA WILD - Recalled F Matt Kassian from Houston (AHL). Reassigned F Robbie Earl to Houston.

SOCCER

SPAIN

LA LIGA

Yesterday's result Barcelona 5 Real Madrid 0

TENNIS

ATP WORLD TOUR

MONEY LEADERS	
Final	
1. Rafael Nadal	\$8,571,998
2. Roger Federer	\$6,698,289
3. Novak Djokovic	\$3,778,857
4. Andy Murray	\$3,546,805
5. Robin Soderling	\$3,331,527
6. David Ferrer	\$2,318,353
7. Tomas Berdych	\$2,249,122
8. Andy Roddick	\$1,917,612
9. Jurgen Melzer	\$1,887,084
10. Fernando Verdasco	\$1,771,365
11. Mikhail Youzhny	\$1,725,349
12. Gael Monfils	\$1,303,546
13. Sam Querrey	\$1,252,096
14. Ivan Ljubicic	\$1,251,619
15. Nicolas Almagro	\$1,205,538
16. Jo-Wilfried Tsonga	\$1,166,151
17. Marin Cilic	\$1,151,955
18. Bob Bryan	\$1,143,970
18. Mike Bryan	\$1,143,970
20. John Isner	\$1,066,839
Also	

Also	
26. Daniel Nestor	\$905,42
198. Milos Raonic	\$95,77
221. Peter Polansky	\$78,49
280. Frank Dancevic	\$52,99
AUTA TOUR	

WTA TOUR

inal	
. Kim Clijsters	\$5,035,060
. Caroline Wozniacki	\$4,446,488
. Serena Williams	\$4,266,011
. Vera Zvonareva	\$3,444,641
. Venus Williams	\$2,614,782
Francesca Schiavone	\$2,456,634
. Jelena Jankovic	\$2,136,991
. Sam Stosur	\$2,090,340
. Elena Dementieva	\$1,896,690
0. Victoria Azarenka	\$1,652,028
1. Justine Henin	\$1,401,960
2. Flavia Pennetta	\$1,357,078
3. Svetlana Kuznetsova	\$1,345,564
4. Aravane Rezai	\$1,282,538
5. Li Na	\$1,158,898
6. Agnieszka Radwanska	\$1,144,750
7. Shahar Peer	\$1,122,052
8. Nadia Petrova	\$1,090,595
9. Gisela Dulko	\$1,054,620
0. Yaroslava Shvedova	\$984,037
lso	

85. Aleksandra Wozniał \$199,811 150. Stephanie Dubois

\$90,780 \$86,183

NBA EASTERN CONFERENCE

ATLANTIC DIVISION W 12 9 .500 11 11 13 .353 .353 .235 New Jersey Toronto Philadelphia

	W	L	Pct	GE
Orlando	12	4	.750	-
Atlanta	11	7	.611	2
Miami	9	8	.529	31/
Charlotte	6	11	.353	61/
Washington	5	10	.333	61/
CENTRAL DIV	ICION			

Pct .600 .533 .438 GB

.375

.353

Indiana Cleveland Milwaukee 10 11

Detroit

SOUTHEAST DIVISION

WESTERN CONFERENCE							
SOUTHWEST I	OIVISIO	N					
	W	L	Pct	GE			
San Antonio	14	2	.875	-			
Dallas	12	4	.750	2			
New Orleans	12	4	.750	- 2			
Memphis	7	10	.412	7:/			
Houston	5	11	.313	9			

NORTHWEST DIVISION

PACIFIC DIVISIO	N			
Minnesota	4	13	.235	8
Portland	8	8	.500	
Denver	10	6	.625	
Okialiolila City	11	U	.047	_

	W	L	Pct	GE
L.A. Lakers	13	4	.765	-
Golden State	8	9	.471	5
Phoenix	8	9	.471	5
Sacramento	4	11	.267	8
L.A. Clippers	3	15	.167	10:/
Last night's results				

Washington at Miami New Orleans at Oklahoma City Houston at Dallas Milwaukee at Utah

Tonight's games (All times Eastern)

Boston at Cleveland, 7 p.m.
Detroit at Orlando, 7 p.m.
Portland at Philadelphia, 7 p.m. New Jersey at New York, 7:30 p.m. L.A. Lakers at Memphis, 8 p.m.

Indiana at Sacramento, 10 p.m. San Antonio at Golden State, 10:30 p.m.

SCORING AVERAGE FG FT PTS AVG

Durant, OKC	15	135	118	411	27.4
Rose, CHI	14	144	66	372	26.6
Bryant, LAL	17	152	121	451	26.5
Nowitzki, DAL	16	155	94	417	26.1
Ellis, GOL	17	161	78	424	24.9
Gordon, LAC	16	126	117	388	24.3
Westbrook, OKC	17	129	142	404	23.8
Anthony, DEN	16	135	98	380	23.8
Stoudemire, NYK	18	151	115	422	23.4
James, MIA	17	127	127	397	23.4
Martin, HOU	16	105	123	368	23.0
Howard, ORL	16	125	112	362	22.6
Williams, UTA	18	129	109	395	21.9
Granger, IND	15	115	56	326	21.7
Beasley, MIN	16	138	53	345	21.6
Ginobili, SAN	16	109	82	345	21.6
Gay, MEM	17	143	56	366	21.5
Gasol, LAL	17	144	77	365	21.5
Wade, MIA	16	113	103	341	21.3
Richardson, PHX	17	137	34	357	21.0
Scola, HOU	16	135	65	335	20.9
Bargnani, TOR	17	130	72	353	20.8
Griffin, LAC	18	140	83	363	20.2
Curry, GOL	15	110	58	301	20.1
Pierce, BOS	16	113	68	315	19.7
Deng, CHI	15	102	64	289	19.3
Love, MIN	17	110	87	323	19.0
Millsap, UTA	18	137	63	341	18.9
Nash, PHX	15	101	65	283	18.9

Not including last night's games

CFL

98TH GREY CUP

WEEK 22

Sunday's result At Edmonton Montreal 21 Saskatchewan 18

LATE SUNDAY

ALOUETTES 21, ROUGHRIDERS 18

ALOUE TTES 21, ROUGHRIDERS 18
First Quarter
Mtl — TD Cobourne 3 run (Duval Convert) 4:39
Mtl — Single Duval 43 10:54
Sask — TD Cates 1 run (Kean convert) 15:00
Second Quarter
Sask — FG Kean 27 3:10
Sask — Single Johnson 53 14:00
Third Quarter
Mtl — FG Duval 22 9:26
Fourth Quarter
Mtl — FG Duval 42 1:37
Mtl — TD Cobourne 2 run (Duval convert) 7:14
Sask — TD Parenteau 1 pass from Durant

Mtd - 10 Cobourne 2 run (Duval convert)
Sask - TD Parenteau 1 pass from Durant
(Kean convert) 11:32
Montreal 8 0 3 10
Saskatchewan 7 4 0 7
Att - 63,317 at Edmonton.
TEAM STAITSTICS

First downs	27	16
Yards rushing	116	90
Yards passing	336	215
Total offence	452	305
Team losses	17	7
Net offence	435	298
Passes made-tried	29-42	18-31
Return yards	125	78
Intercepts-yards by	1-3	0-0
Fumbles-lost	0-0	0-0
Sacks by	1	3
Punts-average	7-32.4	10-42.1
Penalties-yards	8-90	8-80
Time of possession	36:19	23:41
Net offence is yards passir	g, plus yard	s rush-
ing, minus team losses suc	h as yards l	ost on

INDIVIDUAL STATISTICS

INDIVIDUAL STATISTICS
Rushing: Mt. - Cobourne 15-67, Calvillo 2-16, Deslauriers 1-10, Bratton 1-9, Watkins 1-7, McRherson 3-7; Sask - Cates 19-83, Durant 1-8, Dressler 1-(minus 1).
Receiving: Mtl - Richardson 8-109, Green 9-102, Carter 2-42, Cahoon 3-34, Watkins 2-19, Bratton 2-15, Cobourne 3-15; Sask - Fantuz 4-66, Koch 4-57, Clermont 2-40, Getzlaf 2-22, Cates 2-18, Dressler 2-11, Parenteau 1-1.
Passing: Mtl - Calvillo 20-42, 336 yards, O TDs, 0 ints; Sask - Durant 18-31-215-1-1.

GREY CUP CHAMPIONS

2006 — British Columbia Lions 2005 — Edmonton Eskimos

2004 — Toronto Argonauts 2003 — Edmonton Eskimos 2002 - Montreal Alouettes

2001 — Calgary Stampeders 2000 - British Columbia Lions

MOST VALUABLE PLAYERS

2010 - MVP: Jamel Richardson, SB, Montreal; Canadian MVP: Keith Shologan, DT, 2009 - MVP: Avon Cobourne, RB, Montreal:

2009 - MVP: Avon Cobourne, R.B, Montreal; canadian MVP: Ben Cahoon, S.B, Montreal; 2008 - MVP: Henry Burris, Q.B, Calgary; Cana-dian MVP: Sandro DeAngelis, K, Calgary, 2007 - MVP. James Johnson, G.B, Saskatchewan; Canadian MVP: Andy Fantuz, S.B, Saskatchewan. 2006 - MVP: Dave Dickenson, Q.B, B.C.; Canadi-an MVP: Paul McCallum, K, B.C.

an MVP: Paul McCallum, K, B.C.
2005 - MVP: Ricky Ray, QB, Edmonton; Canadian MVP: Mick Maurer, FB, Edmonton.
2004 - MVP: Damon Allen, QB, Toronto; Canadian MVP: Jason Clermont, SB, B.C.
2003 - MVP: Jason Tucker, WR, Edmonton; Canadian MVP: Ben Cahoon, WR, Montreal.
2002 - MVP: Anthony Calvillo, QB, Montreal; Canadian MVP: Pat Woodcock, WR, Montreal.

NFL

AMERICAN CONFERENCE

EAST						
	W	L	Т	Pct	PF	PA
New England	9	2	0	.818	334	266
N.Y. Jets	9	2	0	.818	264	187
Miami	6	5	0	.545	205	225
Buffalo	2	9	0	.182	229	295
SOUTH						
	W	L	Т	Pct	PF	PA
Indianapolis	6	5	0	.545	282	252
Jacksonville	6	5	0	.545	240	294
Houston	5	6	0	.455	264	287
Tennessee	5	6	0	.455	257	218
NORTH						
	W	L	Т	Pct	PF	PA
Baltimore	8	3	0	.727	250	188
Pittsburgh	8	3	0	.727	254	181
Cleveland	4	7	0	.364	216	229
Cincinnati	2	9	0	.182	225	288
WEST						
	W	L	Т	Pct	PF	PA
Kansas City	7	4	0	.636	285	231
San Diego	6	5	0	.545	310	225
Oakland	5	6	0	.455	255	256
Denver	3	8	0	.273	250	323
NATIONAL	CO	NF	ERE	NCE		

Oakland Denver	5	6	0	.455	255 250	256 323
NATIONAL	-	-	-		200	323
EAST						
	w	L	т	Pct	PF	PA
N.Y. Giants	7	4	0	.636	277	240
Philadelphia	7	4	0	.636	310	257
Washington	5	6	0	.455	215	262
Dallas	3	8	0	.273	256	301
SOUTH						
	W	L	Т	Pct	PF	PA
Atlanta	9	2	0	.818	276	209
New Orleans	8	3	0	.727	265	197
Tampa Bay	7	4	0	.636	219	223
Carolina	1	10	0	.091	140	276
NORTH						
	W	L	Т	Pct	PF	PA
Chicago	8	3	0	.727	222	172
Green Bay	7	4	0	.636	269	166
Minnesota	4	7	0	.364	189	239
Detroit	2	9	0	.182	258	282
WEST						
	W	L	Т	Pct	PF	PA
Seattle	5	6	0	.455	209	275
St. Louis	5	6	0	.455	213	231
Arizona	3	7	0	.300	188	292
San Francisco	3	7	0	.300	160	219
WEEK 12						

WEEK 12

Last night's result

Last night's result San Francisco at Arizona Sunday's results Atlanta 20 Green Bay 17 Atlanta 20 Green Bay 10 Chicago 31 Philadelphia 26 Cleveland 24 Carolina 23 Houston 20 Tennessee 0 Kansas City 42 Seattle 24 Miami 33 Oakland 17 Minnesota 17 Washington 13 N.Y. Giants 24 Jacksonville 20 Pittsburgh 19 Buffalo 16 (0T) St. Louis 36 Denver 33 San Diego 36 Indianapolis 14 Thursday's results

Thursday's results New England 45 Detroit 24 New Orleans 30 Dallas 27 N.Y. Jets 26 Cincinnati 10

WEEK 13

Thursday's game (All times Eastern) Houston at Philadelphia, 8:20 p.m Sunday, Dec. 5 San Francisco at Green Bay, 1 p.m. San Francisco at Green Bay, 1 p.m. Denver at Kanasa Gity, 1 p.m. Buffalo at Minnesota, 1 p.m. Buffalo at Minnesota, 1 p.m. Chicago at Detroit, 1 p.m. Chicago at Detroit, 1 p.m. New Orleans at Cincinnati, 1 p.m. New Orleans at Cincinnati, 1 p.m. Oaldand at San Diego, 405 p.m. Carolina at Seattle, 415 p.m. St. Louis at Artizona, 415 p.m. Atlanta at Tampa Bay, 415 p.m. Pittsburgh at Baltimore, 8:20 p.m. Pittsburgh at Baltimore, 8:20 p.m. Monday, Dec. 6 N.Y. Jets at New England, 8:30 p.m.

NEW Crossword and Suduko updated daily.





Crossword

Across

- 1 Small plateau 5 Banned pesticide
- 8 Division word
- 12 Andy's pal
- 13 "- -la-la!"
- 14 - do-well
- 15 Sucker
- 17 Hardly colorful
- 18 Single
- 19 Figures of speech 21 Speak (out)
- impulsively
- 24 Advertise
- 25 Old Italian money
- 26 Rein-vested money 30 "I - Camera"
- 31 One of Donald Duck's nephews
- 32 "— got it!"
- 33 Something retained
- from before
- 35 On the briny
- 36 Smell 37 Angry dog's sound
- 38 Group of fish
- 41 Summer mo
- 42 Tackled weeds
- 43 Triangular pastry
- 48 Soprano's solo
- 49 Salamander
- 50 Easter flower
- 51 Hospital section
- 52 Two, in Tijuana 53 Staffer

- 1 Chart
- 2 Ostrich's cousin
- 3 "Help!"
- 4 Off the boat
- 5 Peace symbol 6 Female deer
- 7 Michael Jackson clas-

15 16 18 19 20 22 23 21 24 25 28 29 26 30 33 34 35 36 40 39 41 42 43 44 45 46 48 49 51 52 53

- 8 Deep reddish blue 9 Infamous lyre player
- 10 Squad
- 11 Spheres
- 16 Can. prov
- 20 As required 21 Mediocre
- 22 Long car, for short
- 23 Caspian Sea feeder 24 Strength
- 26 Staged a mutiny 27 Passport endorse-
- ment
- 28 Always
- 29 Authentic
- 31 Extinct bird 34 Thingamajig

- 35 Luanda's land
- 37 Pistol
- 38 "Pygmalion" writer 39 Cat of "Iron Chef"
- 40 Estate recipient 41 - and crafts
- 44 Venusian vessel?
- 45 Half of XIV 46 Bygone days, in by-
- gone days 47 "Catcher in the --"

➤ Yesterday's answer TUGESHALTEROE

	0	9		3		-	-				~	-
Α	S	Α		T	0	R	Α	Н		Е	G	G
J	Ε	S	S	Α	М	1	N	E		Е	R	Α
			Α	G	Ε		C	0	Α	Х	Ε	D
Μ	Α	Н	L	Ε	R		Ε	R	M	Α		
Α	L	1		D	U	G		Υ	Е	M	Е	Ν
М	Ε	S	S		N	U	В		S	1	D	Ε
Α	S	Т	Н	E		Т	Ε	Α		Ν	1	Т
		Α	1	L	S		S	L	Ε	Ε	Т	S
C	0	М	М	1	T		Е	E	L			
0	В	1		D	E	T	Ε	R	M	1	N	Е
W	0	Ν		Ε	Ν	Α	С	Т		L	Е	0
L	Ε	E		S	0	P	Н	S		Κ	E	N

Sudoku

	8		5		1		4	
7	1	3				2	9	5
		2	3	4	5	8		
		1	8	7	9	5		
6	9	5				1	2	4
	3		2		4		6	

How to play

Today

B

7///100%

Rain

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answe	

3	7			4			6	9
1	8	6	2	7	9	5	3	4
4	5	9	6	3	8	7	1	2
8	3	7	9	5	2	6	4	1
2	9	1	4	8	6	3	7	5
5	6	4	3	1	7	2	9	8
9	4	8	7	6	5	1	2	3
6	1	3	8	2	4	9	5	7
7	2	5	1	9	3	4	8	6

Caption contest

Wednesday

1/// 100%

70/-3

Rain

Send a KISS Show some love! Send a

Miguel, you're an incredible boyfriend and your support these past three and a half years has been VERY appreciated. Thank you and I love you babe. BABYGIRL XO

note to somebody special at kiss@metronews.ca

Flav, we've been through so much, but I know we'll make it. My love, my life, my strength, we just fit. Kisses on your side face! VAL

Miranda I am so happy you are next to me, you make my day!! thank you for all your help. I love you "THE LITTLE CHIQUIE

Hey Poopie! I'm sending you this kiss today to brighten your day like you brighten mine. I love you with every breath in my body. Keep breathing. LOVE: YOUR POOBEAR

Grasshopper, I can't belive we've been together for over two blissful years. Who would have thunk. It's like a dream. xoxo, M

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For today's crossword answers and for expanded horoscopes, go to play@metronews.ca

Today's horoscope

T Aries March 21-April 20 Everyone needs to have a dream. Don't let those who lack your imagination talk you out of trying to make your vision of a better life come true. You can, and you will, make it

¥ Taurus April 21-May Venus, planet of harmony, moves into your opposite sign today, making it easier for you to get through to loved ones on an emotional level. They're waiting for you to reach out.

II Gemini May 22-June 21 The more of an effort you make to get along with colleagues, the more of an effort they will make to help you out with something that is too much for you to cope with on your own.

G Cancer June 22-July 22 You will find that the right opportunity comes at just the right time and in just the right way. After that, it's up to you. Seize the day and make it your own.

Ω Leo July 23-Aug.23 Your home life may have been a bit chaotic lately, but from today it will start to settle down again. Domestic bliss is a necessary precondition to making the most of your creative talents. Soon, you'll be flying again.

TV Virgo Aug. 24- Sept. 22 lgnore what others say cannot be done and do it anyway. For them, it may be difficult, even impossible. But for you, it will be child's play - simply because you refuse to take it too seriously

← Libra Sept. 23-Oct. 23 Positive news regarding your cash flow is due any day. Stop worrying about where your next dollar is coming from because nega tive thinking only pushes good things away. Think rich and you'll be rich. It's that simple.

M Scorpio Oct. 24-Nov. 22 You may be intense by nature but you will relax considerably now that Venus is moving into your birth sign. Life is good and you can sense that it is about to get even better.

→ Sagittarius

Nov. 23-Dec. 21 Others can lower their standards and settle for second best if they like, but you're not about to follow their example. You're No. 1 or you're nothing.

り Capricorn Dec. 22-Jan. 20 What can you do to help friends through a rough

patch? Tell them jokes. Make them smile. Laughter is always the best medicine.

Aquarius Jan. 21-Feb. 18 Venus crosses the career angle

of your chart today, smoothing your path to success by making it easy to get along with employers. They want to see you succeed. How much do you want it?

H Pisces Feb. 19-March 20

Stop worrying about the things you can't change and start enjoying the good things in life. You may think life has been hard of late but compared to most people, you've had it easy. @ SALLY BROMPTON



You WIN! write it!

Write a funny caption for the image to the right and send it to play@metronews.ca the winning caption will be published in tomorrow's Metro.







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CUBA Varadero

Meliá Varadero • 4 * All-Inclusive • Standard rm. Jan. 8 & 15 • 1 wk.

1st passengei

\$1039





Varadero

Paradisus Varadero Resort & Spa • 4 1/2 ★ All-Inclusive • Junior suite Jan. 8 & 15 • 1 wk.

1st passenger

PRIVILEGES

MEXICO

Ixtapa/Zihuatanejo via Toronto

Barceló Ixtapa Beach • 4 ★ All-Inclusive • Superior rm. Jan. 8 - 29 • 1 wk

1st passenger \$1199

2nd passenger

\$599

Puerto Vallarta/Riviera Navarit via Toronto

Canto del Sol Plaza Vallarta • 3 1/2 ★ 1st passenger 2nd passenger

DOMINICAN REPUBLIC

Samana via Toronto

Gran Bahia Principe El Portillo • 4 1/2 ★ All-Inclusive • Standard rm. Jan. 1-30 • 1 wk.

\$1049

PRIVILEGES

\$529

2nd passenger

PRIVILEGES

2nd passenger

\$679

Punta Cana

Occidental Grand Punta Cana • 4 *

All-Inclusive • Junior suite Jan. 8-29 • 1 wk.

\$1199

\$599

Gran Bahia Principe Punta Cana • 4 1/2 ★ All-Inclusive • Junior suite Jan. 8-29 • 1 wk.

\$1369

Gran Bahia Principe Ambar, Don Pablo Collection • 5 ★ All-Inclusive • Junior suite

t passenger

Jan. 8 - 29 • 1 wk.

PRIVILEGES 2nd passenger

\$769



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via Toronto

Hotel Beach Plaza • 3 1/2 ★

Breakfast Luxe island view rm. Jan. 8, 15 & 22 • 1 w

1st passenger

\$1099

2nd passenger

\$550

JAMAICA

Sunset Jamaica Grande Resort & Spa • 4 ★

^t passenger

\$1199

PRIVILEGES 2nd passenger

\$600 Taxes & other fees: \$93

Gran Bahia Principe

Jamaica • 4 1/2 ★
All-Inclusive • Junior suite Jan. 8 & 15 • 1 wk.

1st passenger

\$1479

PRIVILEGES

2nd passenger \$740

COSTA RICA via Toronto

Allegro Papagayo • 3 1/2 ★ All-Inclusive • Sup Jan. 6, 13 & 20 • 1

PRIVILEGES 2nd passenge



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